

Rainbow Connection

Issue 1 - 2009

India Rainbow Community Services of Peel

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A life without cause is a life without effect - Barbarella



The Board and staff of India Rainbow wishes you and your family a safe and joyous New Year.

While moving forward with great joy of continuing to serve the community, we take pride in the accomplishments we made, the challenges we overcame, and the trust our community has placed on us.

May the New Year bring peace, prosperity and happiness to one and all!

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नये साल की हार्दिक शुभकामनायें

Happy New Year

இனிய புக்காண்டு வாழ்த்துக்கள்

ठहरी साल भुसिजाँदाला रोहे

سال بخیر

: bonne année

اجمل النهائى بمناسبة الميلاد و حلول السنة الجديد

ذليلا سال مبارک هو

恭喜發財

शुभ नववर्ष

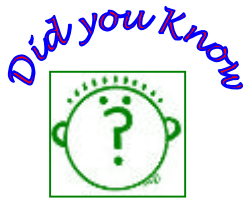
नयाँ वर्षको शुभकामना

С Рождеством Христовым и С наступающим Новым Годом

Forward and Ahead in the New Year

With a firm grip on the past and a vision of the future, India Rainbow promises to maintain a position of leadership in the field of services for seniors as we expand our Adult Day Program to Brampton in the new year.

For more details see page 3



- A snail can sleep for three years
- The strongest muscle in the body is the tongue.
- The blood of an octopus is blue
- Elephants are the only animal that cannot jump
- A human blinks his/her eyes 25 times a minute
- Sound travels through water 3 times faster than through air
- In 10 minutes, a hurricane releases more energy than all of the world's nuclear weapons combined
- You use 54 muscles every time you take a step forward

Kudos to our Students

The first Adult ESL Spelling Competition was a challenge for India Rainbow students. This competition was held in November 2008 at the Toronto City Hall and sponsored by Toronto Star. The competition divided LINC levels into 2 parts; Levels 2 to 4 and Levels 5 to 7. More than 60 ESL students from across the GTA, each from the lower and higher levels competed for the contest.

A word list was given in advance to the participants, which after three rounds was completed as the participants came well prepared. Then they started getting new and challenging words which were not on the list. Our students really held their own against other participants in this competition. Sumeet Singh Boparai finished 4th and our other students in the final round included Thi Mong Thu, Ramabhai Khodab Patel, Prithvi Raj Kalia, Gurpreet Dhillon and Roi Thi Tran. A great deal of credit goes to the LINC teachers. Their diligence and dedication went a long way in shaping the success of our students.



Helping Mothers & Children Survive Abuse Together

The HEAL Network; a 15 agency collaboration was formed to implement this prevention strategy in Peel. This collaboration has representation from various ethno-specific and multicultural agencies. HEAL Network partners have come together to provide services for children who have been exposed to woman abuse. This interactive program is offered to multiple language groups to assist abused women and help their children who have been impacted from exposure to woman abuse.

India Rainbow is an active partner in this initiative. The group met every Saturday from November 1st to December 20th 2008 at our LINC Centre in Brampton. Each session brought together 8-10 families. Children were given a separate room where they were engaged in age-appropriate activities. Mothers were encouraged to come and were given strategies to empower and overcome their emotional trauma of abuse and violence.

If you know of a woman who is being abused or needs to talk to someone confidentially, please refer them to our culturally and linguistically sensitive staff.

Staff-Board Year End Get-together

On December 5th, the staff, Board members, and members of the Policy Advisory Committee along with their families met for the year end get together. It was a fun filled evening with opportunities to meet and greet the extended India Rainbow family in a nice social setting.

The glitter of traditional attire, children's laughter and music set the tone for an entertaining evening. The highlight of the evening was a humorous play about a traditional Indian father's quest to find a bride for his second generation Canadian son. The cast did a credible job of mixing humour, 'desi' accent and funny situations to the plot. Also, the various dance and music performances by children included traditional and cultural, with a western mix of songs and melodies.

The event included interactive games, door prizes, songs and not to mention the mouth watering delicious Indian cuisine. This family event was enjoyed by one and all.



Our Adult Day Program – now in Brampton

This is good news we all were waiting for.

For all those clients who had been demanding this service in Brampton, ever since we opened our one of a kind Adult Day Program for South Asian seniors in Mississauga – we would like to announce that starting in January we will be offering the Adult Day Program at our brand new site in Brampton. Our newest location at 245 Queen Street East is a full –fledged setup, ready to offer services, including hot nutritious and specially catered South Asian meals to the frail-elderly and cognitively impaired seniors. South Asian seniors needing our services has increased in Mississauga, Brampton, Oakville and Etobicoke. Our program is now available from three locations: two in Mississauga and one in Brampton.

Our comprehensive services also include Friendly Visiting, Seniors Wellness Program, Clinics, Counselling and support, education on health related issues, caregivers support, and transportation services to clients. The Adult Day Program is available for up to six days a week, and extended hours means that clients/caregivers have the flexibility to choose day(s) as well as the nearest/convenient location. Our services reduce caregivers' burnout, provide respite and accommodate their work schedule, while promoting aging at home.

For registration or more information please call: 905-507-6099 or 905-595-1669

Expanded Settlement Services

We now offer expanded settlement services to newcomers under our Newcomer Settlement Program (NSP) at our location in Brampton at 160 Main Street South. The goal of NSP is to help newcomers fully engage in all aspects of Canadian life - social, economic, political and cultural and to maximize the benefits of their participation and contribution to Canadian society.

Our dedicated staff will provide settlement services to refugee claimants, people on work permit, citizens, or permanent residents who have lived in Canada for less than 5 years. Please call 905-459-4776 for all your settlement needs. **Service are also available in Tamil language.**

United Way Fundraising

The 2008 United Way Fundraising Campaign featured a number of activities that included lunches, henna application, raffles, pizza and samosa sale at our different locations as well as a bake sale at Sheridan College.

Active participation by community at large, and sustained efforts by staff and volunteers helped make this campaign a success. We thank all our LINC students, other program participants and staff for their hard work and dedication.

Health Info: prostate cancer

What is prostate cancer? Prostate cancer starts in the cells of the prostate gland. The prostate is part of the male reproductive system. The prostate is about the size of a large walnut. It is located close to the rectum just below the bladder. Prostate cancer is the most common cancer in Canadian men. It usually grows slowly and can often be cured or managed successfully.

Causes of prostate cancer: There is no single cause of prostate cancer, but some factors appear to increase the risk of developing it. The risk of prostate cancer increases as men grow older.

If you are over the age of 50, it's time to talk to your doctor about whether you should be tested for prostate cancer. It is estimated that 24,700 new cases of prostate cancer will be diagnosed in Canada in 2008. Men should discuss the risks and benefits of early detection of prostate cancer with their doctor. Obesity, physical inactivity, eating a diet high in fat are possible risk factors.

Signs and symptoms for prostate cancer are:

- need to urinate often, especially at night
- weak, decreased or interrupted urine stream
- burning or pain during urination
- difficulty in starting or stopping the urine flow
- a sense of incompletely emptying the bladder
- blood in the urine or semen

Don't ignore symptoms: If you have any of these symptoms, see your doctor. You may need to have some tests to help find out what is causing them.

Information taken from www.cancer.ca

Healthy Recipe

Easy Homemade Apple Granola Bars

Ingredients:

1 cup all-purpose flour
 1 cup granulated sugar
 1/2 tsp salt
 1/4 baking powder
 2 eggs, well beaten
 1/4 cup melted margarine
 1/3 cup raisins
 1 cup pecans, chopped (optional)
 1 cup finely chopped apples
 1/2 tsp vanilla
 1/4 tsp cinnamon



- Preheat oven to 350°
- In a large bowl mix flour, sugar, salt, and baking powder
- Add the remaining ingredients and mix well
- Place the batter in a greased 9" X 13" baking pan
- Bake for 40 to 50 min. or until the edges are golden
- Remove from oven and cut into bars while still warm

Members' Corner

Dear members,

Just a friendly reminder that Memberships are due for renewal in January. If you have not renewed your annual Membership yet, please call the office at 905-275-2369, and we will be more than happy to take care of the details.

Also, please encourage your family, friends and community members to become members and support India Rainbow. We need your support and encouragement as we move forward in the new year with additional and enhanced services to the Peel community.

India Rainbow LINC Centre in Brampton launches a new pilot-ESINC

The ESINC program was piloted in Peel in Brampton on January 9, 2009 at India Rainbow Community Services of Peel - LINC site. The program was presented to approximately 25 newcomer students who attend LINC (Language Instruction for Newcomers to Canada) classes. India Rainbow currently offers a total of eleven LINC classes in Brampton. It is hoped that the ESINC program will grow to a region-wide initiative. Following the presentation, a hand-out package is distributed to new Canadians outlining a myriad of crime/fire/accident prevention tips.

ESINC (Emergency Services Introduction to New Canadians) is a program whereby members of all 3 Emergency Services (Police, Fire & EMS) and the City of Brampton's Emergency Measures Office participate in attending Language Instructional Classes (LINC) [also known as English as Second Language classes] and conduct a presentation explaining 'who we are', 'how we operate', 'what to expect when you call or when we attend' and 'how to reach us' (including 911 overview).

In response to the increasing cultural diversity being experienced in Peel, our Emergency Services recognize the need to educate, reach out, and build bridges with these communities. The need is to show that police, fire, and EMS operate differently here in Canada, and to educate newcomers about emergency preparedness. A better understanding of Emergency Services not only increases understanding, but also ensures the delivery of these services can be maximized in all the right opportunities, safely, efficiently and effectively.

India Rainbow is very grateful to all those involved in making this pilot project a great success. The dedication and hard work of Marta Lee, LINC Curriculum Facilitator, who diligently pursued this initiative is particularly noteworthy. Thank you.



Newsletter Team

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The newsletter, Rainbow Connection, is a periodical publication of India Rainbow Community Services of Peel. We invite readers to submit community announcements, articles of community interest and letters for possible publication.