TAIBU is a Kiswahili word is used as by well-wisher as a greeting that means, “Be in Good Health”. The name encapsulates the vision of TAIBU, which is promoting “healthy, vibrant and sustainable communities creating our own solution.”

In 2005, as part of the government’s expansion of the Community Health Sector across Ontario, the Ministry of Health and Long Term Care announced the funding of a new Community Health Centre in Malvern under the sponsorship of the Black Health Alliance (BHA).

Since then, the BHA has been diligently laying the foundation for the establishment of TAIBU Community Health Centre to address the disparities in health outcomes for racialized and marginalized communities, as well as identifying its priority populations through the Community Engagement Process. As a result of the persevering and tireless work of the BHA, TAIBU Community Health Centre was incorporated in April 2008 and officially opened its doors.

TAIBU Community Health Centre provides comprehensive primary healthcare, mental health support, social services in combination with health promotion programs and activities. We also work in close partnership with other community-based health and social services.

MISSION

TAIBU Community Health Centre is a population based community health centre, which is committed to providing Primary Health Care Services to the Black Community in the GTA as its priority population. TAIBU is situated in the community of Malvern.

VISION

Healthy, vibrant and sustainable communities creating our own solutions

VALUES

- We believe that equity is essential to the achievement of a healthy community
- We recognize the prevalence of anti-Black racism and its impact on the way the community accesses and receives services
- We believe that cultural competence is a key component in how the organization functions
- We believe that quality service is integral to our community
- We are committed to cultivating an environment free of discrimination of any type
- We believe that the community’s success lies within its inherent strengths and assets
Reflecting on its journey over the course of 2014-15, TAIBU continues to register successes in engaging the community and providing the programs and services to improve the health and well-being of the black community across the GTA and the residents of the Malvern neighborhood in Scarborough.

2014-15 was a year of significant events. At its Annual Conference in June 2014, the Association of Ontario Health Centres (AOHC) awarded one of our founding members and President (at the time), Ms Floydeen Charles-Fridal, with the Joe Leonard Award for her contribution in advancing health equity. In November, Liben Gebremikael was awarded the Development Award by the Planet Africa Group.

In addition to continuing the provision of its primary care services and the several health promotion and community development programs, TAIBU was successful in implementing the Healthy Francophone Communities in Scarborough initiative under the leadership of the Coalition that was established in January 2014. The service was not only able to engage a large number of Francophone communities but its approach and success have been recognized by other French Language Service providing agencies across the GTA. More significantly, TAIBU Community Health Centre was one of seven agencies in Ontario who was successful in securing funding from the Ministry of Health and Long Term Care for an innovative low back pain project called ‘Back 2 Life’ program.

TAIBU has also completed its participation in the Community Health Services Integration Strategy facilitated by the Central East Local Health Integration Network (LHIN) and continues to play a key role in the development and implementation of the Scarborough North and South Health Links. We look forward to working with our Central East LHIN and other key stakeholders in ensuring that the community is accessing the right service at the right time and in the right place. In all our engagement, it is now very well known that, health equity and social determinants of health are the two primary principles of the Centre’s philosophy and approach to engagement and program delivery.

Another significant highlight of the year is the success of our Black Men’s Health Challenge – a Diabetes Prevention Project – that engaged 20 men in lifestyle/behaviour modification program with huge personal as well as community outcome. This program was one of the many innovative programs that TAIBU has developed in engaging its community in health promotion and health awareness activities. We look forward to expand this program to a larger number of community members across the GTA.

It goes without saying that none of the above successes would have been achieved without the generous support of our funders – the Central East LHIN, the Ministry of Health and Long Term Care, the Ontario Trillium Foundation, Service Canada, and Ontario Canada among others. We would also like to extend our sincere appreciation and thanks to all members of the Board of Directors, our volunteers, the staff and all our partners.

TAIBU!
SERVICE HIGHLIGHTS

Overall I am satisfied with the programs and services at TAIBU CHC

The staff help me get the services I need at TAIBU or in the community

I am proud to work at TAIBU CHC

New Clients Registration

Multi Sectoral Accountability Agreement (MSAA) (Target vs Achieved)

Types of Clinical Services

- At TAIBU In Person
- Phone Clinical Service
- On Behalf of Patient
- Other
Approximately 60% of TAIBU clients are of African Descent
34% of South Asian descent, 2% white and 4% Others.

“89% of staff reported that TAIBU’s leadership motivates
staff to provide excellent service and programs”
Laughter Yoga
Laughter Yoga is a very unique program and combines laughter exercise with yoga breathing. This brings more oxygen to the body and the brain which makes one feel more energetic and healthy. The concept of Laughter Yoga is based on scientific studies that show that the body cannot differentiate between real and simulated laughter. Dr. Madan Kataria, a medical doctor from India, is the founder of Laughter Yoga Clubs movement that started in 1995. Laughter Yoga program at TAIBU Community Health Centre provides a great opportunity for people to have fun, meet friends, improve health and get community involvement.

Post Natal program
This is a free parenting program offered by Toronto Public Health in partnership with TAIBU Community Health Centre for parents with babies between 6 weeks-6 months of age. The program focuses on enhancing parenting capacity, supporting transition to parenthood and building parental support systems. The programs offer health education, parenting advice and support for new moms. The topics range from parenthood, infant nutrition, growth and development, and caring for a sick child. 87.5% participants strongly agree and agree that the program met their learning objectives. They felt the content and topic are very useful and the staffs are very helpful.

March Break Camp
The Healthy Living Spa Program (HLSP) is a gender-based youth led initiative that engages young girls ages 6-13 years in developing their skills and knowledge on healthy eating and living. The content of the program focuses and encourages young girls to develop healthy eating habits, participate in physical activity, arts &craft, self care, discover ways to manage stress and relationships that impact their daily lives.

The March Break Camp was hosted at the Lester B. Pearson C.I. from March 16-20, 2015. Over 70 girls attended the camp and enjoyed workshops incuding: Bullying, Managing and Coping with stress, Building Relationships, Effective Communications, Body Image, Healthy Eating, Selfcare and Physical Activities. The physical activities included: Yoga, Caribbean Dance, participants involvement making homemade spa products and jewellery, Jump Rope as well as fun and games. Parents also had the opportunity to participate in the above activities with their children.
PARTICIPANTS’ FEEDBACK:
• 98% of the participants felt that the content and topics covered were relevant
• 98% of the participants indicated that the exercises and activities worked well
• 100% indicated that the physical activities sessions were impactful and enjoyable
TAIBU’s Food and Nutrition Working Group came together for the first time in 2014. Within the auspices of the newly established Ubuntu Program for older adults, Food and Nutrition was identified as a key area that the members wanted to address. As a first step, members came together to enhance their food service skills by completing Toronto Public’s Health’s Food Handlers Certificate Program.

A total of 42 members became certified. After receiving certification, 12 individuals expressed interest in receiving further food and nutrition training as well as a desire to volunteer at TAIBU. Together with Tameika Shaw, Registered Dietician and Vijay Saravanamuthu, Community Health Worker, the group completed a 6-week enhanced Food and Nutrition training course.

These course featured sessions on building healthy menus; vegetarian diets; the macro nutrients: proteins, fats and carbohydrates; and preparing meals for large groups of people. Each session contained an educational workshop as well as a hands-on meal preparation component. After completing the course, the group of 12 became known as the Food and Nutrition Working Group. The group began to meet and discuss ways that TAIBU could improve the quality of the food we serve.

As a pilot project, the Food and Nutrition Working Group was paired up with the LEARN Academic Support Program to see how the two groups can work together to address some of the social determinants of health that may impact both groups including food security, social safety network and social inclusion. The results were incredible.

Each week starting from October 2014, members of the Food and Nutrition Working Group came to TAIBU on Tuesday evenings to work with the LEARN Program. The group planned menus, purchased groceries, prepared and served hot meals to the students in the program.

In addition, they spent time socializing with the students and building relationships. This inter-generational connection became an ongoing part of the program exchange that the students began to look forward to week after week. Toward the closing of each session, the students took turn acknowledging the older adults for their contribution and said thank you.

The partnership wrapped up with a picnic at Neilson Park where both groups enjoyed the spring and company of each other. At the end of the year, the Food and Nutrition Working Group volunteered their time and skills to prepare over 640 hot and nutritious homemade meals.

This has been a successful demonstration of the global village model that the Ubuntu Program works towards as well as an example of the meaningful connections that can happen across different generations of people.
TAIBU CHC was one of seven successful applicants in securing funding for the new Low Back Pain program from the Ministry of Health and Long Term Care. Our Back 2 Life is a two year low back pain management program with the aims of providing relief from pain and suffering for people experiencing low back pain and providing opportunities for sustainable low back pain management through education, lifestyle interventions and self empowerment.

The program is a partnership with Morgan Chiropractic and Wellness Centre and the Centennial College. The partnership with Centennial College is for the aspect of providing complimentary massage therapy to the Back to Life clients. The Back to Life project is part of the interdisciplinary team of TAIBU primary care services and is delivered by a chiropractor and a registered kinesiologist.

“The partnership with Centennial College is for the aspect of providing complimentary massage therapy to the Back to Life clients.”
The L.E.A.R.N. Academic Support Program’s primary objective is to increase academic success in students of racialized and marginalized populations to create a stronger foundation for greater life success. The program uses multimedia to develop greater self-esteem and awareness of social location to contest with institutional issues including academic preparation, comfort within the school environment, cultural congruity, access to social and academic supports, marginalization and racism as factors that impact how students fare both academically and socially. The LEARN After School Program specifically addresses the following five indicators for academic success: School Comfortability, Student Teacher Relationship, Cultural Congruence and Class Room Equity, Perceived Threat of Racism/Discrimination, and Reduced Barriers to Academic Support through spoken word, photo voice, music production, mapping, video documentaries, role plays and social media discussions.

In the last year, the L.E.A.R.N. Academic Support Program was delivered at Emily Carr Public School, Bliss Carman Senior Public School, Blessed Mother Teresa Secondary School and Lester B. Pearson Collegiate Institute from both TDSB and CTDSB in Scarborough, in addition to the 30 week program offered at TAIBU Tuesday afternoons. In providing tailored programming to address student needs at each of these schools, the LEARN program was able to connect with 292 high school students through the one day symposiums and hour and a half workshops, as well as 48 middle school students through the TDSB Foundation: Beyond 3:30 Program.

Furthermore, the L.E.A.R.N. program also facilitated an open discussion presentation for 50 TCDSB Teachers and 3 Principals on the results obtained from student evaluations and feedback from the various program implementation models. While assisting parents to advocate for and support their children has been valuable for student success, involving teachers and principals was crucial to strengthen the community commitment to support students to achieve greater academic and future success throughout their academic careers in the Toronto education system.
The community engagement conducted over the past year under the leadership of the Coalition for Healthy Francophone Communities in Scarborough has identified the need for health promotion programs as well as primary care services and chronic Disease education and support. Our Francophone program at TAIBU CHC has been remarkably successful since the implementation of the health promotion activities which aimed at improving the accessibility of services for this twice marginalized population: marginalized once because to the language barrier and further marginalized because of their race and ethnicity.

For the first time and as part of its disease prevention / management and healthy lifestyle promotion, the francophone program runs several culturally appropriate physical activity programs, healthy cooking classes and chronic disease self-management training in French. For instance, 17 French speaking individuals have successfully completed the self-management workshop and are now better empowered to manage their chronic condition.

A large participation and considerable dynamism observed as our francophone program creates a space where individuals can participate and develop competencies that will help them stay healthy: "We learned healthy recipes and we took care of everything during the cooking classes. We deepened our knowledge and we are able now to make healthy meals at home. We are better equipped to develop and prepare healthy food. Also Before I was embarrassed with my overweight to do physical activities, but after couple of Zumba classes I feel good about myself and I encourage members of the families to practice regular physical activity."

<table>
<thead>
<tr>
<th>Activities</th>
<th>Female</th>
<th>Male</th>
<th>Grand Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Francophone Chronic Disease Self-Management</td>
<td>12</td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td>Francophone community kitchen and healthy cooking</td>
<td>45</td>
<td>13</td>
<td>58</td>
</tr>
<tr>
<td>Francophone’s Women’s Fitness program</td>
<td>51</td>
<td>9</td>
<td>60</td>
</tr>
<tr>
<td>Francophone’s Men Fitness program</td>
<td>3</td>
<td>19</td>
<td>22</td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td><strong>111</strong></td>
<td><strong>46</strong></td>
<td><strong>157</strong></td>
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</tbody>
</table>
Ready Set Go is a kindergarten readiness program that supports parents, children and families in the transition from life at home to being in the classroom for the first time. Kindergarten is an important first step for every family and TAIBU helps children develop important social skills that will help them be ready for school.

In 2014, TAIBU delivered Ready Set Go in partnership with the Toronto District School Board at White Haven Public School and Tom Longboat Junior Public School. Together, we served 37 families and worked with a total of 56 children.

This year’s Ready Set Go program focused on addressing the following issues:

Children:
- Positive separation from parents and caregivers
- Sharing and taking turns
- Using words to communicate feelings

Parents:
- Food and nutritional needs of 3-4 years old children
- Vaccines, medication and infection prevention
- Self-care and healthy stress management

After completing the 2 week program, parents had the following comments about their experience:

“This program has really helped my daughter a lot. It was hard to see her crying on the first day but now she’s happy and wants to come to school. That makes me feel better as a parent.”

“I like the writing activity we did with the parent’s room. For me, that was a light bulb moment. I realized that some of these skills are really hard for my child to do. I have to be more supportive. That was an eye opener for me.”

The program wrapped up with a joint picnic for children, parents, teachers and TAIBU staff to enjoy some time together before the school year in September.
AUDITORS REPORT

The accompanying summary financial statements, which comprise the summary balance sheet as at March 31, 2015 and the summary statement of operations for the year then ended, are derived from the audited financial statements of TAIBU Community Health Centre (“TAIBU”) for the year ended March 31, 2015. We expressed an unmodified audit opinion on those financial statements in our report dated June 22, 2015.

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not for profit organizations. Reading the summary financial statements therefore, is not a substitute for reading the audited financial statements of TAIBU.

Management’s Responsibility for the Financial Statements
Management is responsible for the preparation of a summary of the audited financial statements in accordance with Canadian accounting standards for not for profit organizations.

Auditor’s Responsibility
Our responsibility is to express an opinion on the summary financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, “Engagements to Report on Summary Financial Statements”.

Opinion
In our opinion, the summary financial statements derived from the audited financial statements of TAIBU for the year ended March 31, 2015 are a fair summary of those financial statements, in accordance with Canadian accounting standards for not for profit organizations.

Clarke Fleming LLP
CHARTERED ACCOUNTANTS
Licensed Public Accountants

Toronto, Ontario
June 22, 2015

SUMMARY BALANCE SHEET | AS AT MARCH 31, 2015

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2015</th>
<th>2014</th>
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</thead>
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<td>Current Assets</td>
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<td>Accounts receivable and prepaid expenses</td>
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<td>786,477</td>
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<td>2,254,715</td>
</tr>
<tr>
<td></td>
<td>2,884,377</td>
<td>3,001,099</td>
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</table>

LIABILITIES

Current Liabilities

| Accounts payable and deferred revenue | 277,747 | 357,085 |
| Accounts payable - Ministry of Health and Long Term Care | 166,676 | 154,209 |
| Central East LHIN | 336,204 | 262,845 |
| | 780,627 | 741,339 |
| Deferred capital contributions | 2,097,900 | 2,254,715 |
| | 2,888,527 | 3,028,854 |

NET ASSETS

Unrestricted | 5,850 | (27,755) |
| | 2,884,377 | 3,001,099 |

SUMMARY STATEMENT OF OPERATIONS

YEAR ENDED MARCH 31, 2015

REVENUES

Core program | 3,010,745 | 2,980,746 |
| Diabetes education centre program | 311,125 | 267,600 |
| Diabetes prevention program | 128,367 | 67,838 |
| French language program | 82,624 | 5,523 |
| Other programs | 95,886 | 92,000 |
| Other grants/projects | 280,340 | 249,631 |
| Other income | 35,731 | 25,762 |
| | 3,944,818 | 3,689,100 |

EXPENSES

Salaries, benefits and relief | 2,577,541 | 2,449,007 |
| General and operating | 520,451 | 539,400 |
| Occupancy costs | 532,881 | 481,882 |
| Other grants/projects | 280,340 | 249,631 |
| | 3,911,213 | 3,719,920 |

“TAIBU Community Health Centre provides comprehensive primary healthcare, mental health support, social services in combination with health promotion programs and activities.”
Aisling Discoveries Child & Family Centre
Agincourt Community Services
Ajax Baptist Church
Black Coalition for AIDS Prevention
Black Creek Community Health Centre
Black Health Alliance
Black Physicians Association of Ontario
Blessed Mother Teresa
Burrows Hall Library
Boys and Girls Club of East Scarborough
Beyond 330 Program
Canadian Diabetes Association (CDA)
Caribbean Chapter of the CDA
Catholic Children’s Aid Society
CE LHIN CCAC Self Management Program
Centre for Addiction and Mental Health
Children’s Aid Society
City of Toronto
Community Living Toronto
Chinese Mental Health Network
Diversity Magazine & Expo
Dr Marion Hilliard Middle PS
Dreams 2 Reality - Legacy
East Metro Youth Services
Emily Carr Public School
Food Share
For Youth Initiatives
George Brown College
Grace Hartman Coop
Grey Owl Public School
Hamilton Urban Core CHC
Heart & Stroke Foundation
Humber College
Impact N’ Communities
J-F Home Daycare
Jason E Bogle, Barristers & Solicitors
Laxmi-Narayan Temple
Lester B Pearson Collegiate Institute
Mc Donald, Malvern Town Centre
Malvern Action for Neighbourhood Change
Malvern Emmanuel United Church
Malvern Family Resource Centre
Malvern Montessori Schools
Malvern Public Library
Mc Donald, Malvern Town Centre
Malvern Action for Neighbourhood Change
Malvern Emmanuel United Church
Malvern Family Resource Centre
Malvern Public Library
Malvern Town Centre Mall
Malvern Youth Community Employment Program
Mother Goose Program
Newcomer Services for Youth
Operation Springboard
OnTrack Career & Employment Services
Rouge Valley Health Systems
Philadelphia Seven Day Adventist Church
Planet Africa Network
Scarborough Centre for Health Communities
Scotia Bank, Cedebrea Mall
Service Canada
Sickle Cell Association of Ontario
Social Services Network
Scarborough Hospital
The Power to Be International
The SPOT
Tom Longboat Junior PS
Toronto Community Housing Corporation
Toronto Catholic School Board
Toronto District School Board
Toronto General Hospital
Toronto Home Childcare
Toronto Public Health
Toronto Public Health — Oral Services
Toronto Social Services
Tropicana Community Services
Transformation Institute for Leadership & Innovation
University of Toronto, Scarborough Campus
West Scarborough Neighborhood Community Centre
White Haven PS
Woodside Mall Library
Youth Job Action Centre
York University
YWCA
THANK YOU

BOARD OF DIRECTORS
Floyddeen Charles - Fridal, President
Antoine Derose, Vice President
Rehuda Jack-Caesar, Secretary
Wendy St. Cyr, Treasurer
Gail Wilson, Member
Nadine Lubin, Member
Lisa Henry, Member
Bervin Garraway, Member

MANAGEMENT
Liben Gebremikael, Executive Director
Donna Fancy-Lyle, Manager HR and Admin
Tony Jno Baptiste, Manager, Community Programs

ADMINISTRATION
Maheshi Thilakasena, Medical Secretary
Althea Telemaque, Admin Assistant
Nadira Pathirana, Medical Receptionist
Cristina Padilla, Receptionist
Myrtle Smikle, Medical Secretary
Dilani Weerananthrie, Relief
Jane Kirdando, Relief

CLINICAL
Abel Gebreyesus, Data Management Coordinator
Dr Audrey Dye, Physician
Dr Anu Jacob, Physician
Dr Norma Baker, Physician
Dr Deva Nicholas, Physician
Dr Onye Nnorom, Physician
Dr Bedi Ahmed, Physician **
Dr Larry Grossman, Specialist Physician
Pat Wright, Nurse Practitioner
Denah Smith, Nurse Practitioner
Tameika Shaw, Dietitian
Racquel Hamlet, Registered Social Worker
Nancy Akor, Registered Nurse
Ai Luong, Chiropodist
Nan Shi, Physician Assistant*
Natasha Deer, OTN Coordinator
Jemila Jackson, Social Worker, Sickle Cell
Christopher Morgan, Chiropractor**
Paulina Cavicchia, Registered Kinesiologist**

DIABETES EDUCATION PROGRAM
Meera Sanmuganathan, Diabetes Nurse Educator*
Sally Asante, Registered Nurse**
Layeeq Fatima, Diabetes Dietitian
Michelle Ohonsi, Social Worker
Piyush Jadav, Chiropodist**

COMMUNITY PROGRAMS
Min Di, Health Promoter
Estella Williams, Health Promoter
Vijay Saravanamuthu, Community Health Worker
Ulysse Guerier, Community Health Worker
Kareen Marshall, Ubuntu Project Coordinator
Shawna Williams, LEARN Project Coordinator
Deshon Downer, Youth Outreach Worker

CASUAL STAFF
Penny Greaves, Nurse Practitioner
Fazila Williams, Bus Driver
Vincent Marshall, Bus Driver
Fathma Ashrafi Mohamed, Childminder
Maria Descallar, Childminder
Natasha Diwanji, Childminder
Sajida Najam, Childminder
Juan Pang, Childminder
Lubna Tazeen, Childminder
Dashprati Thirugnanasampant, Childminder
Hong Zhao, Childminder

* left during the year
** new

A Guide to Nutrition for Sickle Cell Disease
CONTACT US

In Person or By Mail
TAIBU Community Health Center
Unit 1 - 27 Tapscott, Scarborough
ON M1B 4Y7 Canada
* Next to Malvern Town Centre at
Corner the of Neilson and Tapscott

Phone
Clinic: (416) 644–3536
Administration: (416) 644–3539
Community Programs: (416) 644–3539
Diabetes Education: (416) 644–0361

Fax
Clinic: (416) 644–0102
Administration: (416) 644–3542
Community Programs: (416) 644–3542

Social media
www.taibuchc.ca
Twitter.com/TAIBU_CHC
Youtube.com/TAIBUCHCmedia

E-mail
info@taibuchc.ca