

# Our Health & Wellbeing: Carving New Paths



**Ontario**

Central East Local Health  
Integration Network



Ontario's Community  
Health Centres

# Our Vision

Healthy, Vibrant and Sustainable communities creating our own solutions.

# Our Mission

TAIBU is a population based Community Health Centre, committed to providing primary healthcare and health promotion programs and services to the Black community across the GTA as its priority population. TAIBU is situated in the community of Malvern

# Our 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

Celebrating 5th  
Year of  
'Being in Good Health'





**Floydeen Charles-Fridal  
President of the Board of  
Directors**

The overall health of an organization is determined by its leadership. The future of an organization is also determined by its leadership. With “Our Health, Our Future” being our theme for this year, we remained committed to providing a level of governance oversight that ensured TAIBU would continue to “Be In Good Health”. Quality oversight of TAIBU’s fiduciary responsibilities as well partnerships and collaborations that fell within TAIBU’s mission, vision, values and strategic directions were examples of how we ensured that our clients’ and organization’s health and future were not compromised. We engaged with other Boards of Directors regarding addressing the health concerns of our priority client population from a governance perspective. We remained committed to engaging in Board Development activities designed to assist us in our leadership role. One highlight for our Board was the training we received on the Accessibility for Ontarians with Disabilities Act (AODA) standards.

Because our Board, is alert to what we see as potential risks to ensuring an health equity agenda which is at the nucleus of TAIBU’s “raison d’être”, we initiated an information session with the Association of Ontario Health Centres (AOHC) with a view to understanding the provincial health system changes and how these system changes may impact this agenda.

We participated in the newly implemented Canadian Centre for Accreditation (CCA) process. We seized the opportunity to examine our policies and assess where we were from a governance perspective on the path to establishing best practices and becoming a centre of excellence in the health of the Black community across the GTA; and in particular. We are pleased to report that we became CCA accredited in November 2012.

We were invited by Johns Hopkins University to participate in the International Conference on Health in the African Diaspora (ICHAD) which was held in Baltimore Maryland where we had the opportunity to share some best practices approaches to governing an health focused organization that has a mandate to provide specialized services to the Black community.

We were excited to learn that 60% of our clients are from the Black population and 45% are residing beyond our geographical catchment areas.

The Board expresses its sincerest appreciation to the Executive Director, the skilled and competent interdisciplinary staff team that he leads, and our volunteers and community partners for the excellent work you have done towards improving the health outcomes of our client. To our clients, members and “friends”, we say “thank-you” for entrusting TAIBU with your health and your future.

## TAIBU! .....

Every year, as I sit down to write my message, I look back at the past year and realize how fast it has gone by and how little we have done. This year, at our 5<sup>th</sup> Year Anniversary celebration, I looked back at the 5 years and realized how fast the years have gone by but this time, could not but stop and feel a sense of accomplishment.

The carving of new paths started over a decade ago with the Black Health Alliance and committed community members, when they envisioned a dedicated Centre to address the health disparities in the Black community across the GTA. It continued with the tireless BHA & TAIBU implementation committee members, members of BHA & project management staff who contributed countless hours of meetings, negotiations, planning and commitment engagement. Once the final processes and formalities were completed, the dream of TAIBU became a reality in 2008 with an independent Board of Directors and the first Executive Director. Since then, 'new paths' have continued to be carved.

As a CHC committed to providing primary healthcare and health promotion programs and services to the Black community across the GTA as its priority population and the residents of Malvern, we are focused not just on our clinical services, but more so in addressing the Social Determinants of Health that are contributing to the Black community continuously being at the bottom in terms of Health and Wellbeing outcomes; namely Poverty, Racism, Violence, Unemployment, lack of culturally appropriate and Afrocentric programs and services. TAIBU has carved 'new paths' to change the social and health status of the Black community through the introduction of new and innovative programs: The specialized primary healthcare clinic for adults with sickle cell disease, the Literacy, Education, Arts, Recreation and Nurturing (LEARN) after school program, the creation of the 'Ubuntu' village, to name just a few. The breadth of programs and services are highlighted in our fifth Annual Report for your perusal.

None of what TAIBU has accomplished so far would have been possible without the strategic direction of the Board of Directors, the strong passion and commitment of the qualified and experienced staff, our volunteers, our partners and allies, elected officials and our funders. But most of all, the community who has engaged us in such a positive and powerful way to shape the 'paths' of the organization and of the community.

I personally am so grateful to have been blessed and humbled by such an opportunity to serve.

Thank you

Happy 5<sup>th</sup> Anniversary!



**Liben Gebremikael**  
**Executive Director**



# Greetings & Congratulatory Messages





**Premier of Ontario - Première ministre de l'Ontario**

September 21, 2013

### **A PERSONAL MESSAGE FROM THE PREMIER**

On behalf of the Government of Ontario, I am delighted to extend warm greetings to everyone attending the annual general meeting of TAIBU Community Health Centre. This event is also an occasion to celebrate the centre's five years of achievement since opening its doors in 2008.

I would like to take this opportunity to join all those attending the AGM and the Community Health and Wellness Day in commending TAIBU Community Health Centre for its dedication to providing quality programs and services to residents of the Malvern neighbourhood. I would also like to recognize the centre for its development of best practices aimed at meeting the specific needs of the neighbourhood's Black community. Through a spectrum of programs and services — from the provision of clinical care to offering support to sickle cell patients and their families — TAIBU is doing an outstanding job of building community health and well-being.

The good work of TAIBU is a collaborative effort, and what better opportunity than the AGM to thank the many people who contribute to its ongoing success — from the board of directors and volunteers to the staff and members of the centre. Together, your efforts have earned TAIBU a deserved reputation for caring and supportive programs and services.

Please accept my best wishes for a productive AGM, a successful Community Health and Wellness Day and a memorable celebration of TAIBU's accomplishments.

**Kathleen Wynne Premier**





House of Commons



**Rathika Sitsabaiesan**  
Member of Parliament for  
Scarborough-Rouge River

21 September 2013

Dear TAIBU Community Health Centre,

I wish to extend my sincere congratulations on your fifth year of Being in Good Health. Your vision of comprehensive primary health care is valued and appreciated throughout Malvern.

As a proud resident of Malvern and Member of Parliament for Scarborough-Rouge River, I have had the privilege to support many of your exciting initiatives.

Stand Up For Health is a fun and innovative role-playing simulation game that immerses participants in the life of a Canadian living with low income. Through this program, participants develop an understanding of the social determinants of health, learn to empathize with service users coming from low socio-economic backgrounds, and develop an understanding of upstream solutions through public policy. I thank TAIBU for your belief and investment in the youth whose initiative created this successful project. I look forward to working with you to expand this program and share it with the greater community.

A personal highlight of mine is Your Voice Your Say. I was thrilled to work with you and 35 youth from our community to bring this program to fruition. We worked together to help raise awareness about Canada's changing political landscape and how legislation like bills C-31 and C-38 can impact the lives of Malvern residents. The community's effort to explore strategies on building greater political awareness is an example of community engagement at its best, the powerful voices of our youth and how political change can happen at the grassroots level.

Thanks to the tireless efforts of the members of the Board of Directors, staff, members and volunteers, TAIBU is known throughout the community as a hub for action and health. Our residents are a part of a healthy, sustainable and vibrant community because of your unique and engaging programs and services.

Thank you for helping to make our community the dynamic, healthy place we enjoy and congratulations on your 5th anniversary of "Being in Good Health".

I look forward to support TAIBU and its members through many more years of successes and accomplishments.

Sincerely,

Rathika Sitsabaiesan  
Member of Parliament  
Scarborough-Rouge River

**House of Commons**

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**Ministry of Health  
and Long-Term Care**

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Dear Friends,

Warm greetings to all those attending the TAIBU Community Health Centre's AGM and 5<sup>th</sup> Year Celebration of 'Being in Good Health'.

As you gather to mark this important milestone for the TAIBU Community Health Centre, I'd like to thank all of the Centre's staff and volunteers for your dedication to providing quality health services to the residents of Malvern. Thanks to your work to reduce health disparities and address barriers to access, more patients are able to access quality and patient-centred primary care.

Your commitment to your patients is truly helping to create a stronger, healthier community and I commend you for your hard work over the past five years. I am confident that this passionate team of health care professionals will continue to provide the highest standard of care for years to come.

Congratulations on all that you have achieved, I wish everyone gathered a very enjoyable afternoon.

Sincerely,

A handwritten signature in blue ink that reads "Deb Matthews".

Deb Matthews  
Minister



### **A Personal Message from MPP Bas Balkissoon**

As the Member of Provincial Parliament for Scarborough-Rouge River, I am pleased to extend my congratulations to the TAIBU Community Health Centre on the occasion of their 5<sup>th</sup> anniversary.

Since the TAIBU CHC was incorporated in 2008 as the culmination of efforts between the Ontario Ministry of Health and Long Term Care and the Black Health Alliance, it has made significant positive contributions to the well-being of residents in the Malvern neighbourhood. In providing primary health care, mental health programs and social services, TAIBU CHC has helped residents access and receive the care that they need.

TAIBU CHC's mandate to promote healthy living and specialized services for the Black community in the Greater Toronto Area has also made it an important hub of activity, serving as a place for which residents, community groups and government agencies can collaborate and develop ideas that will create vibrant and sustainable communities.

Having worked closely with the executive board of TAIBU CHC since its inception, I believe that TAIBU has been an invaluable resource in our community, one which will have plenty of opportunities to expand its role in providing and promoting good health care within Scarborough and throughout the GTA.

On behalf of the Legislature of Ontario, please accept my best wishes for a happy 5<sup>th</sup> anniversary and for TAIBU CHC's continued success in the years to come.

Sincerely,

A handwritten signature in black ink that reads "Bas Balkissoon".

Bas Balkissoon, MPP  
Scarborough-Rouge River

Queen's Park, Toronto  
September 12, 2013



**Councillor Raymond Cho**  
Scarborough-Rouge River, Ward 42

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Toronto, Ontario M5H 2N2  
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*September 10, 2013*

*I, Dr. Raymond Cho, Toronto City Councillor representing Scarborough Rouge River-Ward 42, would like to extend my sincere congratulations to all the members, Board of Directors, staff and volunteers of TAIBU Community Centre at their Annual General Meeting and 5<sup>th</sup> Year Anniversary of "Being in Good Health".*

*As the elected official of Ward 42 – Scarborough Rouge-River where TAIBU Community Health Centre is located, I have had first hand and close experience of the programs and services that TAIBU delivers to the residents of Malvern and across the GTA. My residents have remarked their positive experience and quality services that they are receiving from TAIBU and are very happy with their professional and knowledgeable staff.*

*Keep up your good work as TAIBU makes a very positive impact in the community by reaching out to residents to stay in good health.*

*I will continue to support TAIBU and its members for more years of success and accomplishments*

*Yours truly,*

A handwritten signature in black ink that reads "Raymond Cho". The signature is written in a cursive, flowing style.

*Dr. Raymond Cho  
Toronto City Councillor  
Scarborough Rouge River, Ward 42*

9 September 2013

To the Board and Staff of TAIBU Community Centre,

On behalf of the Central East Local Health Integration Network, I would like to congratulate everyone at TAIBU Community Health Centre on the occasion of your fifth anniversary. As one of seven Community Health Centres in the LHIN, TAIBU has, since its inception, played a leadership role in ensuring that local residents have access to Primary Health Care Services.

Whether it is the contribution to the LHIN's "Culture Diversity and Equity Project", active membership on the "Primary Health Care Advisory Group", unique Sickle Cell Program providing specialized primary healthcare and support services for adults living with Sickle Cell Disease, their Hypertension Management Clinics or any of the other programs and services, TAIBU – its staff, its clinicians and its Board – has clearly demonstrated how the organization lives its vision and values each and every day.

We were honoured to be in attendance when TAIBU's Executive Director was recognized by the Association of Ontario Health Centres "Emerging Leaders Award" and look forward to ongoing system collaboration in the years to come.

Sincerely,



Deborah Hammons  
Chief Executive Officer  
Central East LHIN





Association of Ontario Health Centres  
**Community-governed primary health care**

Association des centres de santé de l'Ontario  
**Soins de santé primaires gérés par la communauté**

## **TAIBU is a leader promoting our collective vision**

Congratulations to TAIBU's members, board and staff for 5 years of 'Being in Good Health' and excellent achievements. Amongst Ontario's 75 Community Health Centres, your centre provides such strong leadership achieving our collective vision: the best possible health and wellbeing for everyone.

For people living in Malvern and the Black community across the GTA, TAIBU is breaking down systemic barriers that prevent them from reaching their full health potential. Through persistent and innovative efforts, you're promoting health equity and enabling a future in which everyone can make the choices that allow them to live a fulfilling life.

TAIBU is one of Ontario's newest Community Health Centres. And since you have opened your doors, what especially impressive has been your strong engagement with the community you serve. In a very short period of time, you've created such a vibrant centre --- a place and space where individuals, families and the entire community can actively participate in decisions about how best to promote a complete sense of health and wellbeing.

It's been a wonderful journey. On behalf of the Association of Ontario Health Centres, I send you our very best wishes.

Jocelyne Maxwell  
President  
Association of Ontario Health Centres.

# Organizational Accomplishments

Self-Determination



Kujichagulia



## TAIBU obtained its first Accreditation Designation .....

Over the course of 2012, the Board of Directors, staff and volunteers worked with the Canadian Centre for Accreditation (CCA) in planning and preparing for TAIBU's first Accreditation Designation. Over 330 organizational standards were reviewed and in its official letter dated November 22nd 2012, the CCA announced that TAIBU CHC fully met the standards of accreditation.

Of note was the CCA reviewers' impression of how TAIBU has truly developed a well integrated and inter-professional collaboration between the primary healthcare services and community programs.



### Certificate of Accreditation

presented to  
TAIBU Community Health Centre  
in recognition of achieving established CCA standards  
for quality in governance, and community based primary health care  
Effective: November 21, 2012 – November 21, 2016

Chair, Board of Directors

Executive Director

## TAIBU's leadership recognized .....

Liben Gebremikael, TAIBU's first Executive Director was awarded the '**Emerging Leaders Award**' by the Association of Ontario Health Centres on June 7th 2012 in the presence of TAIBU's Board of Directors and Staff.





## TAIBU ON Air .....



On November 25th 2012, G98.7fm's 'The Grapevine' radio program broadcasted from TAIBU CHC focused on several health topics including: sickle cell, diabetes, and hypertension. In this picture Floydeen Charles-Fridal, President of the Board of Directors and Liben Gebremikael, Executive Director speak with Fitzroy Gordon, host of the Grapevine program.



### Special Recognition .....

At the World Sickle Day celebration in June 2012, TAIBU Board of Directors and staff had the greatest privilege of acknowledging the life long service, passion and commitment of Miss Lillie Johnson, founder of the Sickle Association of Ontario. Miss Lillie, who celebrated her 90th Birthday last year, received a special recognition award from TAIBU Community Health Centre.

Recognition of Service was also awarded to Ulysse Guerrier, Community Health Worker at TAIBU, for his involvement and success in moving the Sickle Cell initiative forward in partnership with the Sickle Cell Association.





# SEE US, KNOW US, UN

**FEBRUARY:**  
BHA submission  
for a health ser-  
vice agency -  
**TAIBU** Black  
Health Alliance  
Centre

**OCTOBER:**  
Malvern Com-  
munity Summit -  
*How Community  
Health Centres  
can strengthen  
and empower  
communities*

**APRIL:**  
BHA signs a  
Grant Funding  
Agreement with  
the Ministry of  
Health and  
Long Term  
Care

**AUGUST:**  
BHA recognized  
as a health stake-  
holder at LHIN  
Symposiums

**NOVEMBER:**  
The Hon.  
George Smither-  
man, Minister of  
Health and Long  
Term Care, an-  
nounces 22 new  
Community  
Health Centres.  
One new CHC  
for Toronto -  
located in Mal-  
vern and  
awarded to BHA

**AUGUST:**  
Approval of  
Community  
Engagement  
Application &  
Pre-  
Operational /  
Start Up  
Budget

**JULY:**  
MOHLTC ap-  
proves **TAIBU  
CHC's** Mission,  
Vision and Prior-  
ity Populations

**NOVEMBER:**  
The Black  
Health Alliance  
(BHA) submis-  
sion to the Royal  
Commission on  
the Future of  
Health Care in  
Canada.

**DECEMBER:**  
BHA members  
commence strate-  
gic planning meet-  
ing to establish a  
dedicated health  
service agency for  
the Black commu-  
nity

2003

2004

2005

2006

2007



# US, UNDERSTAND US



**APRIL:**  
TAIBU's first Executive Director hired

**JUNE:**  
Capital Project for the leasehold improvement at **27 Tapscott** (Malvern Town Centre) approved

**JULY:**  
TAIBU's first Board of Directors constituted. First meeting held at Malvern Family Resource Centre

**AUGUST:**  
First two staff hired

**NOV onwards:**  
Additional staff for primary healthcare and health promotion hired

**2008**

## KEY SUPPORTERS:

Honorable Bas Balkissoon, MPP Scarborough - Rouge River  
Honorable Mary Anne Chambers, Former MPP

## FOUNDING MEMBERS:

Dr Christopher Morgan, Floydeen Charles-Fridal, Eunadie Johnson, Dr Domenick Shelton, Rev Donald Butler

## FIRST BOARD OF DIRECTORS:

Floydeen Charles-Fridal, Hyacinth Robinson-Powell, Dr Chris Morgan, Eunadie Johnson, Rev Donald Butler, Kart Derrick McLennon, Sandra Newton, Karla Avis-Birch, Dr Neil Fernando, Girmalla Persaud, Audette James

## FIRST EXECUTIVE DIRECTOR:

Liben Gebremikael

**APRIL:**  
TAIBU CHC starts providing clinical and program services to the community at 1371 Neilson Road (temporary location)

**SEPTEMBER:**  
TAIBU CHC FIRST Annual General Meeting

**2009**

**APRIL:**  
Ground Breaking Ceremony for new building

**2010**

**APRIL:**  
GRAND OPENING & official ribbon cutting ceremony for TAIBU CHC

**2011**

TAIBU operating at full capacity

**2012 - 13**

# Programs & Services





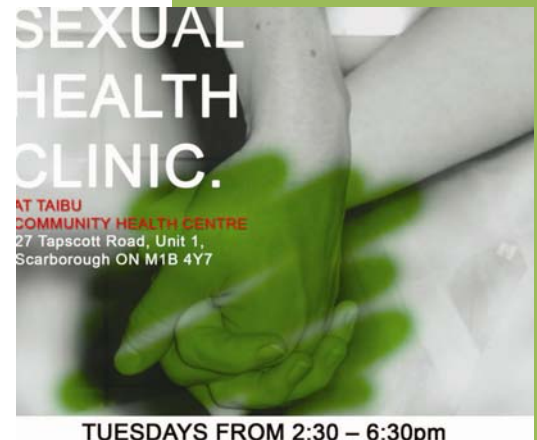
# Primary Healthcare Services

## TAIBU's Sexual Clinic is fully booked....

The Sexual Clinic established in partnership with Toronto Public Health in the Fall of 2011 is well utilized by our community members.

The service includes counseling, testing, well-adult assessment & care and treatment. The clinic provided its service to about 150 clients over the course of the year.

Clients can access the service by appointment or by just dropping in every Tuesday between 2:30pm and 5:30 pm



## 'An ounce of prevention is worth a pound of cure' .....

Since its inception, TAIBU has made preventative health a priority and a focus of its primary healthcare services.

In addition to delivering a wide range of health promotion programs in the community, the primary healthcare team has been working diligently in ensuring that all the registered clients of the Centre have undergone all their eligible and required preventative screening and these are properly reflected in our Electronic Medical Records (EMR).

As a result, not only were we able to meet our performance targets under our Accountability Agreement but we were able to engage the community in awareness of preventative screening and preventative health.



## Your baby is best at its mother's breast .....

**Did you know that** breastfed infants experience fewer viral and bacterial infections, including stomach viruses, ear infections, diarrhea and significantly lower rates of Sudden Infant Death Syndrome? Additionally, they are at a lower risk for developing childhood leukemia, obesity and asthma.

In partnership with Toronto Public Health, TAIBU has started a Breastfeeding clinic for new parents. The Clinic is held once a week on Wednesdays between 1:30 pm and 3:30 pm.

No appointment is necessary.

## Community Breastfeeding Clinic



THE BABY AT THE BREAST IS THE BEST

# Primary Healthcare Services

**Our Specialized Primary healthcare clinic for adults with Sickle Cell Disease, the first of its kind in the CHC sector .....**

The greatest highlight of the year is the start of the specialized primary healthcare clinic for adults living with sickle cell disease.

Sickle Cell Disease is an inherited blood disorder affecting disproportionately people of African descent but is also prevalent in communities of South American, Mediterranean, Middle Eastern and Indian origin.

Due to gaps in community based primary care and self management support services, adults with sickle cell disease rely heavily on Emergency Department and Hospital services to deal with their sickle cell crisis.

TAIBU's specialized clinic which currently runs twice a week aims at providing a community based and accessible service for regular monitoring and follow up, genetic counseling, prevention, self management and psychosocial support.

The specialized team consists of a Physician and a Social Worker with the support of TAIBU's inter-professional primary care team.



## **How is your sugar doing?.....**

Scarborough has the highest prevalence of diabetes in the Central East Local Health Integration Network (CE LHIN) region. The Black community and other racialized communities (e.g. South Asian) are 2 to 3 times at greater risk of developing this chronic condition.

It has been two years since TAIBU received funding from the Ministry of Health and Long Term Care for its Diabetes Education Program led by a team of one Diabetes Nurse Educator, one Registered Dietitian, a Part-Time Social Worker and a Receptionist. Between April 2012 and March 2013, The team saw over 400 clients with over 1000 service encounters.

The team delivers a wide range of programs and service including diabetes management education session, resistance fitness education and exercise class, nutrition education session, stress management sessions and workshops on specific topics (e.g. heart health, medication compliance, insulin management, diabetes and sexual health, vision care, foot care etc...).



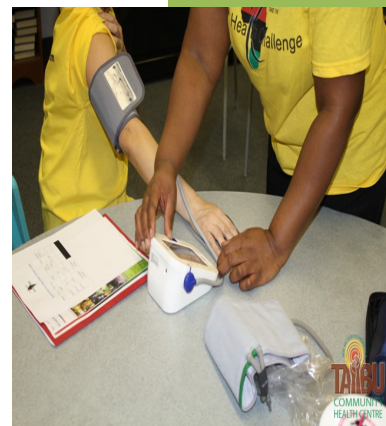
## Are you ready for the challenge?.....

The Black Health Challenge is a culturally specific, lifestyle intervention program with the objective of helping members of the Black community lead healthier, happier lives by increasing their nutrition knowledge and engaging in creative physical activity and stress management support.

The challenge was successfully implemented in the Kingston-Galloway and Ajax-Pickering areas with 21 and 51 participants (respectively) completing the 12 weeks program.

This program authored by the Black Health Alliance and TAIBU CHC, is a partnership project with Bramalea Community Health Centre and the Village Keepers as key allies. The program was also successfully implemented by Bramalea Community Health Centre in two locations in the Peel Region.

We are thankful to the Ministry of Tourism, Culture and Sport for their generous funding.



## Helping Young Girls Achieve Self Esteem & Personal Success ....

The Healthy Living Spa Program (HLSP) is a gender-based youth-led initiative that engaged teen girls in developing their skills and knowledge on healthy living. The HLSP content focused on encouraging girls to develop healthy eating habits, participate in physical activity and discover ways to manage stress and relationships that impact their lives. This Program was developed through collaboration between TAIBU and YWCA.

Seventeen (17) young girls between the ages of 7-12 successfully completed the Healthy Spa Camp 2013. The Camp was coordinated by five high school students from TAIBU's Youth Health Network and Girls Step It Up Program- **Shannon Lodge, Chenille Brown, Chinelle McDonald, Janelle Morgan and Kadiann Turnbull.**



# Community Programs



## Well engaged and self governed women of Malvern in Action .....

The Malvern Women in Action a self governed / self help group has gone from strength to strength. Led by peer leaders, the group meets every week to plan, organize and implement activities.

Over 50 women have attended several awareness and education sessions on women health issues (e.g. cancer, mental health, oral health). The vibrant and active group has also organized several social functions including a cultural fashion show, different outings and trips. During the holiday season they held a fundraising event where they sold Season's arts and crafts which they produced.

They truly demonstrated the true principles of Umoja (unity), Kujichagulia (Self Determination) and Ujamaa (Cooperative Economics) among others.



## The Older Men's group are also in Action ...

The Older Men's group, also a self governed group had planned and executed several initiatives so much so that they had to increase their weekly meeting to twice a week.

In addition to having fun the traditional way, by playing dominoes or cards, they also have discussed several men health issues affecting older adults including hypertension, cancer (i.e. prostate), and mental health. They also participated in physical activity sessions including socasize and yoga..

The members are skilled and creative and are now leading their own sessions (e.g. laughter yoga).

One of their key plans is to implement intergenerational activities to support the younger generation in their academic success and handing down traditions and experiences.



# Community Programs



## The next community generation .....

TAIBU's early years program are varied. From pre and post natal classes, peer nutrition support, childminding training, family movie (at the Malvern library), several parenting workshops and kindergarten readiness program.

A new addition to these cohorts of programs and activities will be the Speech and Language Screening services.

Every Wednesdays and Fridays, the Centre buzzes with the cries and laughter of infants and babies, the traffic jam of strollers and the greetings and jokes shared by parents

## Step it up! .... In the words of one of the participants

The TAIBU Community Health Centre is a highly commendable institute for resources, guidance and opportunities. I remember my first visit to the program. I was a little apprehensive on what to expect but was rid of my doubtful thoughts after being welcomed by the coordinator and participants. After that day, I made a priority to visit every Wednesday and invited my friends to join. The program has equipped me with the knowledge and skills vital for becoming a successful leader in my community and society in extension.

There was a never a dull moment being a part of this program. Every week we were provided with nutritious cooked meals followed by a presentation, girl's talk or a dance/workout session. Some of the presentations were based on: functioning in the workplace, dealing with the family, healthy living and educational opportunities just to name a few. My friends and I can attest to the fact that this program had been very beneficial to us and looking forward to join again.

**Chinelle Mcdonald**



# Community Programs

**A huge accomplishment in a very short period of time .....**

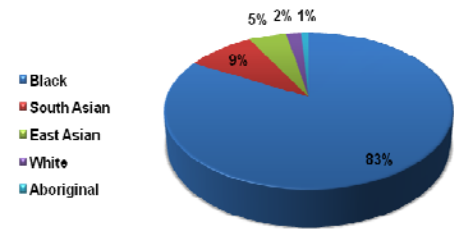
The Diabetes Prevention Project targeting to the Black community was implemented between January and March 2013.

Within this short period of time, we were able to complete **334** CANRISK Assessments. **210** individuals participated in **9** 'Prevent Diabetes Now' education sessions, and **34** completed **6 weeks** of physical activity sessions.

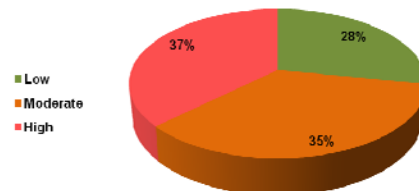
Over all over **450** members of the Black community participated in the program delivered in various parts of the city including Kingston-Galloway, Ajax Pickering, Malvern, and several churches and mosques in the community.

What a delivery !!!...

CANRISK Assessment by Ethnicity



Risk Level



**Adults and families with sickle cell continue to meet monthly .....**

The monthly sickle cell self care group continues to meet on a monthly basis with over 20 adults and their families (on average) congregating at TAIBU Community Health Centre to share experiences, identify gaps in services and discuss barriers they face in the health care system with the aim of engaging the Sickle Cell Association of Ontario and TAIBU Community Health Centre, partners in this initiative, in addressing these barriers



In addition the group holds education sessions on nutrition, physical activity, pain management and other social topics including financial advise and access to social welfare benefits.

# Community Programs

**Malvern has never been so active .....**

We dare state that Malvern has never been so physically active before TAIBU came on the scene.

Approximately 100 community members of different age groups meet up twice a week without fail to participate in the energetic Socasize and Bollyfuzz sessions with vibrant cultural music in the background.

Once a week TAIBU's Community Rooms are packed with over 30 older adults in the Gentle Yoga session. The current waiting list is such that we are looking for a bigger space in the community and/or increasing the frequency of the program.

On Friday mornings, any meeting held in the Centre is sure to be disturbed by the joyful shout of approximately 20-25 participants and the salsa music that forces meeting attendees to move to its tune.

All in all TAIBU facilitates 6-7 hours of physical activity sessions a week with approximately 253 participants in attendance.

Apparently, 1 minute of exercise is about 70 steps. Hence 7 hours (840 mins) of exercise is 58,800 steps a week x 253 participants = 14,876,400 steps. Our physical activity sessions run on average for 40 weeks in a year. This makes the total **595,056,000** steps.

***Guess we did not know what we were planning when we announced the 10 Million Steps Campaign !!***



## **TAIBU Conducted a Research Report of Community Based Training Program– Child Minding Training Program (2009-2013)...**

The program consisted of 1 orientation session, 12 session's lectures (3 – 5 hours per session), 5-7 hours First Aid/CPR training, 40 hours practicum placement and graduation ceremony.

- ▶ 75 participants completed the training program from 2009-2013;
- ▶ 70% thought it is excellent and 30% thought it is good.
- ▶ 100% participants said they were going to refer this program to their friends
- ▶ 39% secure gainful employment and 12% use this program to pursue higher education

# Best Practices

According to the Ontario Human Rights Commission, Black students are disproportionately streamed into basic level and special needs classes, leave school earlier, and drop out of school in disproportionate numbers.

The Literacy, Education, Arts, Recreation and Nurturing (LEARN) - After School Program for children and youth funded by Ontario Trillium Foundation is geared towards increasing academic success and advocacy skills for children 8 to 17 years.

The pedagogical approach is based on experiential learning principles comprising of story-telling, short didactic presentations, small and large group discussions, multi media-music production, photo-voice, drawing, spoken words, poetry, drama among others. The 20 week curriculum empowers students with the skills and knowledge to manage 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.

This is an innovative program and is one of TAIBU best practices development project



## Village under construction .....

With the generous funding from the Ontario Trillium Foundation, TAIBU has been working with the Older Adults in the community in creating the 'Ubuntu' Village.

Rooted in the African principle of "***I am what I am because of you are***" (which is what Ubuntu means in Zulu) this comprehensive older adults project will create a village where older adults will be taking ownership of their health and wellbeing through various streams of structured groups and activities including health promotion, physical activity, nutrition, social, caring and visiting, education and intergenerational activities.

This, one of its kind innovative project, will be led by trained Peer Leaders with the aim of ensuring that our older adults are supported to age successfully with improved quality of life.

The project is currently implemented in the Malvern and Teesdale communities of Scarborough in partnership with Warden Woods Community Centre. At the end of the three year funding, the older adults and TAIBU will have developed best practices for engaging older adults in the Black community to be used in other communities.

A huge thank you to the active 'Ubuntu' members who have demonstrated professional expertise in constructing their village !!



# Our journey in the eyes of our clients and partners



**TAIBU literally means 'being in good health'.** The primary purpose of TAIBU is to promote health and wellness in the community of Malvern. As the president of TAIBU's Malvern Women in Action Committee, I observed, learn and work with the diverse population in health and wellness programs. Literatures are offered about treatments and preventive action on various chronic sicknesses. TAIBU provides primary health care for the people in the community and promote healthy living for a successful continuation of life.

TAIBU is a social and friendly atmosphere. Workshops are available to the community for advice and information about chronic disease and healthy eating management.

**Malvern Women in Action encourages and coordinates care for women from diverse population.** We remove the barriers and unite as women to access the program and services offered to us at TAIBU. The social and professional atmosphere at TAIBU gives every woman a voice in the community. Everyone's concern is evaluated and action is taken accordingly.

TAIBU's purpose has a great impact on our community. Day by day people look forward to attending the many needed programs such as our senior ladies and men's group, children and young girls program, dancing, yoga, salsa line dancing, sickle cell workshop, and other health & wellness programs.

**This is a call to action: Be in good health! The resources are available: take action!** It is your body - the greatest resource on earth: a neglected body is a waste to humanity!

Best regards,  
**President Hazel Campbell**

**"One love one heart, let's get together and feel alright. . ."**

This line from Bob Marley's song adequately captures **the spirit of TAIBU**. For we do feel alright with the abundance of warmth, peace, love and camaraderie at the Centre.

Upon entering the doors of the TAIBU, one immediately experiences an enriching, empowering, comforting feeling. The staff is competent and caring. They are honest and humble. They take great care to involve those attending in the planning and implementation of programs. Consequently, we enjoy a range of enjoyable and highly beneficial activities.

We laugh on Wednesdays (laughter yoga with Kesh Kumar). We dance on Thursdays. We exercise on Mondays. On Tuesdays we have seminars and presentations on staying fit and healthy, inter alia. We play games on Fridays. We prepare and cook healthy meals. We celebrate important events. We go on trips. All week we participate in a range of activities. We feel privileged. We feel blessed.

**TAIBU is an oasis that sustains and enriches.**  
Kesh Kumar



Dear TAIBU Community Health Centre,  
**The Dreams 2 Reality** basketball program funded by Identify 'N Impact Investment Program was a huge success thanks to TAIBU Community Health Centre for being our trustee and providing administrative support plus securing permits for the gym, most importantly mentoring us to become a professional organization.

Through TAIBU's support we were able to host movie nights, compete in two basketball tournaments, and have special event barbecues, educational workshops, and guest speakers to share life experiences. We had over **30 youth** attend these programs and events with positive feedback and life changing moments.

Overall TAIBU put in a great effort in helping me with my program.

Sincerely,  
**Deshon Downer**

The partnership that Malvern Family Resource Centre-Women's Place has with TAIBU Community Health Centre is formal in nature, in that TAIBU is a partner in the Generating High Impact project. The purpose of this initiative is to have the support of our partners in transforming Women's Place into a hub, where women can access services and resources in one location. Racquel Hamlet (Social Worker/Therapist) and Tameika Shaw (Dietitian) have conducted **workshops at Women's Place over the past two years**, connecting women not only to TAIBU and the services that are provided at the Centre, but also to themselves on a personal level. What we find with some of our clients, especially those who are vulnerable is that they need to build a connection with a person from an agency or organization to feel comfortable accessing services provided.

Racquel has supported Women's Place in our "**Mental Health Monday's**" series that takes place one Monday out of the month at the Centre. She has discussed a range of topics from seasonal affective disorder, depression, anxiety, children and mental health, and other topics around mental health. Women have responded positively to Racquel, and have noted that they not only have felt comfortable in the workshops to share their personal experiences, but also feel that they can call or contact Racquel if they have questions or concerns.

Tameika also has the same rapport with the women when she is in the Centre hosting "**Nutrition Fridays**". They appreciate that Tameika is able to help them understand nutrition from a culturally sensitive point of view and there have been many lively discussions in the Centre with regards to the benefits of "back home" ingredients, such as coconut oil.

The most valuable aspect of having Racquel and Tameika in Women's Place facilitating monthly seminars is that not only do our women get to know them and their roles at TAIBU, but they also get to know the women that come to the Centre, as well as the work we do at Women's Place. We have received many referrals to Women's Place from Racquel and Tameika, and we feel confident when we refer women over to them for their services as well.

I first heard of TAIBU over the radio 98.7fm. I called the Scarborough Office where I was referred to Layeeq (Dietitian) who provided me with very important advice and information regarding diet.

After that I met with Michelle (Social Worker) who with Nadira's help set up some appointments with Nurse Meera and the team of doctors. I was given a prescription for insulin which Meera advised me to try.

I have had a longstanding fear of and reluctance to take insulin but was encouraged to do so with Meera's guidance. My other medications did little to bring down my sometimes 20s blood sugar readings. **I am now pleased to report more normal readings of 7 to 8 and sometimes 5.4.**

I continue to be impressed with the **generosity, expertise and knowledge** of the TAIBU staff and I know that my health care is in very capable hands.

I was referred to an Endocrinologist with whom I have an appointment. IN this meeting I will know further to manage my diabetes better.

Thanks TAIBU.....  
Bryan Linton



**Shauna-Marie Benn**

Project Coordinator, Women's Place

Malvern Family Resource Centre  
31 Tapscott Road, Lower Level  
Scarborough, ON, M1B 4Y7

Tel: 416.293.4664  
Fax: 416.293.1997  
Web: [www.mfrc.org](http://www.mfrc.org)

"Strengthening Families Is Our Business"

**Happy Anniversary to the TAIBU Community Health centre,**

My wife and I became members of the TAIBU Community Health Centre approximately four years ago at its present location at 27 Tapscott Road. We are very active in the **seniors programs** we attend four days a week.

The programs are **excellent**, the staff members are very **courteous** and **highly qualified**, especially the medical staff members who are educating us in the various needs for health related issues of our daily lives living in Toronto. There are also very educational lectures and workshops with wonderful guest speakers.

Our most favourite program is the **fitness program**, which is very well attended and enjoyable. The fitness program is conducted at various levels and formats for our benefit. The social **gathering trips** and **picnics** during the year is also a wonderful way of **keeping us together** and sharing our common interest for the Malvern community.

We hope the TAIBU Community Health Centre will continue its good work and continue to succeed in its venture.

Malcolm & Tony Hinkson



## ***BLACK CREEK COMMUNITY HEALTH CENTRE***

North York Sheridan Mall  
2202 Jane St, Unit 5  
Toronto, ON M3M 1A4  
Tel 416-249-8000  
Fax 416-249-4594

Yorkgate Mall  
1 Yorkgate Blvd, Suite 202  
Toronto, ON M3M 3A1  
Tel 416-246-2388  
Fax 416-650-0971

Black Creek Community Health Centre entered into a formal exciting partnership with TAIBU This year. This partnership has allowed for increase access to programs and services for Youth and their families living in the Jane and Finch community, specifically related to Sickle Cell Disease. The Sickle Cell L.E.A.R.N program offered the Yorkgate Mall location has engaged youth in a non-traditional form of learning that provides an opportunity for them to express themselves through various creative platforms. As a result of this partnership we have also had the opportunity for shared learning and knowledge transfer between organizations. In addition, it has also allowed us to creatively seek ways to conduct interdisciplinary work across communities and between our Health Centre's, therefore broadening the scope of programs offered. This partnership proves to be an invaluable asset to our communities and we are committed to working with TAIBU to explore and develop relevant programs and services for Black Youth in our community.

Charitable Canadian Registration No. 12963 3731 RR0001

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



# Board of Directors, Staff & our Partners



# Board of Directors

## 2012-2013

**President**

Floydeen Charles-Fridal

**Treasurer**

Kart Derrick McLennon

Audette James

Elaine Thompson

Vidal Chavannes

Tanya Sinclair

**Vice-President**

Sheryl Bernard

**Secretary**

Akilah Dressekie

Gail Wilson

Earl Charlemagne

Colleen Russell-Rawlins

Kersley Peters (resigned during the year)



# TAIBU's Staff

## 2012-2013

### Management Team

Liben Gebremikael - Executive Director  
Tony Jno Baptiste - Manager Community Programs Manager  
Donna Fancy-Lyle – Manager of HR & Administration

### Administrative Team

Indrani (Maheshi) Thilakasena – Medical Secretary  
Althea Telemaque – Administrative Assistant  
Nadira Kalahe-Pathirana – DEP Medical Receptionist  
Cristina Padilla – Receptionist  
Myrtle Smikle – Medical Secretary  
Dilani Weeramanthrie – Relief Medical Secretary

### Clinical Team

Patricia Wright - Nurse Practitioner  
Ai Luong – Chiropracist (p/t)  
Dr. Audrey Dye – Physician (p/t)  
Tameika Shaw - Dietitian  
Abel Gebreyesus – Data Management Coordinator  
Racquel Hamlet - Social Worker/Therapist  
Nancy Akor - Registered Nurse  
Dr. Anu Jacob - Physician (p/t)  
Dr. Gnanaraj Shanmugarajah – Physician (p/t)  
Denah Smith - Nurse Practitioner  
Dr. Deva Nicholas\*\* - Physician (p/t)  
Dr. Onye Nnorom\*\* - Physician (p/t)  
Dr. Larry Grossman\*\* - Physician (p/t)  
Nan Shi\*\* – Physician Assistant  
Natashia Deer – OTN Coordinator  
Dr. Norma Baker\*\* - Physician (p/t)  
Kit Ting Lam – RD (mat leave coverage)  
Melanie Henry – RN (mat leave coverage)  
Sally Asante\* - RPN (mat leave coverage)

\* left during the year

\*\* hired during the year

### Community Programs Team

Min Di - Health Promoter  
Vijay Saravanamuthu – Community Health Worker  
Estella Williams - Health Promoter  
Ulysse Guerrier – Community Health Worker  
Kareen Marshall – Outreach Coordinator  
Latif Murji – Summer Student  
Misty Chaisson – Summer Student  
Latifah Stephens – Summer Student  
Gillian Quest – Summer Student  
Kayla-Devine Downey - Summer Student  
Patrick Nadjiwon\* – Food Program Coordinator (IIN)  
Adisa La Pierre – Web Developer and Data Entry Support Specialist (IIN)  
Conroy Wilson – Reception/Program Assistant (IIN)  
Annika Reid\* – LEARN Coordinator  
Cassandra Reid\* - LEARN Coordinator  
Suelyn Knight\* - Ubuntu Coordinator  
Juan Pang – Childminder  
Sajida Najam – Childminder  
Fathma Ashroff Mohamed – Childminder  
Maria Descaller – Childminder  
Lubna Tazeen – Childminder  
Hong Zhao – Childminder  
P Thirugnanasampant - Childminder

### Diabetes Education Centre

Layeeq Fatima – Diabetes Dietitian  
Meera Sanmugananthan – Diabetes Nurse Educator  
Ijeoma Metuh\* – Social Worker (p/t)

# Thank you to our Partners

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  
Burrows Hall Library  
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  
Dr Marion Hilliard Middle PS  
East Metro Youth Services  
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  
Rexdale Community Centre  
Rouge Valley Health Systems  
Philadelphia Seven Day Adventist Church  
Scarborough Centre for Health Communities  
Scotia Bank, Cedebraska Mall  
Service Canada  
Sickle Cell Association of Ontario  
Social Services Network  
Scarborough Hospital  
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  
University of Toronto, Scarborough Campus  
Warden Woods community Centre  
West Scarborough Neighborhood Community Centre  
White Haven PS  
Woodside Mall Library  
Youth Job Action Centre  
York University  
YWCA

# Thank you to our Funders

Central East Local Health Integration Network



Ministry of Health and Long Term Care



Ministry of Tourism, Culture and Sport

Service Canada



Toronto Employment Social Services



Ontario Trillium Foundation



# Our Finances ...

## TAIBU COMMUNITY HEALTH CENTRE

### REPORT OF THE INDEPENDENT AUDITOR ON THE SUMMARY FINANCIAL STATEMENTS

TO THE MEMBERS AND BOARD OF DIRECTORS OF TAIBU COMMUNITY HEALTH CENTRE

The accompanying summary financial statements, which comprise the summary balance sheet as at March 31, 2013 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, 2013. We expressed an unmodified audit opinion on those financial statements in our report dated June 24, 2013.

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 Summary 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, 2013 are a fair summary of those financial statements, in accordance with Canadian accounting standards for not-for-profit organizations.

*Clarke Fleming LLP*

Toronto, Ontario  
June 24, 2013

CHARTERED ACCOUNTANTS  
Licensed Public Accountants

### SUMMARY BALANCE SHEET

#### AS AT MARCH 31, 2013

	2013	2012
<b>ASSETS</b>		
Current assets		
Cash	\$ 601,069	\$ 307,933
Marketable securities	890,448	879,604
Accounts receivable and prepaid expenses	475,647	716,714
	<u>1,967,164</u>	<u>1,904,251</u>
Property and equipment	2,474,321	2,643,174
	<u>4,441,485</u>	<u>4,547,425</u>
<b>LIABILITIES</b>		
Current liabilities		
Accounts payable and deferred revenue	392,619	267,863
Accounts payable - Ministry of Health and Long Term Care	307,306	453,426
- Central East LHIN	1,264,174	1,173,543
	<u>1,964,099</u>	<u>1,894,832</u>
Deferred capital contributions	2,474,321	2,643,174
	<u>4,438,420</u>	<u>4,538,006</u>
<b>NET ASSETS</b>		
Unrestricted	3,065	9,419
	<u>4,441,485</u>	<u>4,547,425</u>

### SUMMARY STATEMENT OF OPERATIONS

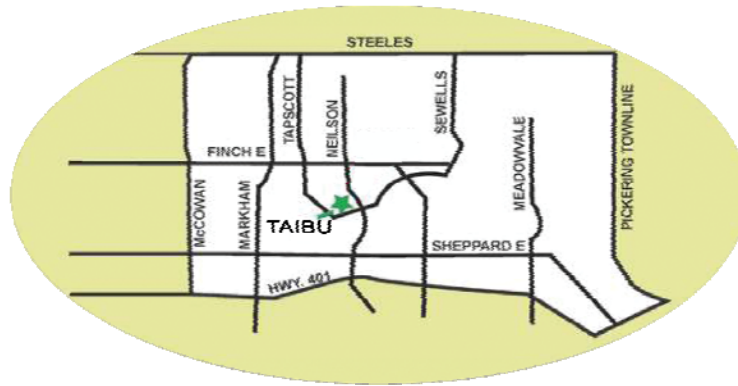
#### YEAR ENDED MARCH 31, 2013

<b>Revenues</b>		
Central East LHIN funding	2,809,487	2,632,308
Other grants/projects	436,009	362,528
Other income	34,022	29,912
	<u>3,279,518</u>	<u>3,024,748</u>
<b>Expenses</b>		
Salaries, benefits and relief	1,942,148	1,783,592
General and operating	395,477	333,720
Occupancy costs	512,238	541,242
Other grants/projects	436,009	362,528
	<u>3,285,872</u>	<u>3,021,082</u>
Excess (deficiency) of revenues over expenses for the year	\$ (6,354)	\$ 3,666

Complete audited financial statements available upon request from the office of the Executive Director.







**TAIBU** Community Health Centre

27 Tapscott Road, Unit 1

Scarborough Ontario, M1B 4Y7

tel 416 644 3539 ~ Admin and Community Programs

tel 416 644 3536 ~ Clinic

Fax 416 644 3542

Email: [info@taibuchc.ca](mailto:info@taibuchc.ca)

[www.taibuchc.ca](http://www.taibuchc.ca)



[http://www.Twitter.com/TAIBU\\_CHC](http://www.Twitter.com/TAIBU_CHC)



<http://www.facebook.com/pages/Taibu-Community-Health-Centre/390225041012331>



<http://www.linkedin.com/profile/view?id=180250726>



<http://plus.google.com/u/0/106484654781317903673/posts>



<http://www.youtube.com/taibuchcmedia>