

ANNUAL REPORT

2014 - 2015





PURPOSE

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

JOINT MESSAGE



Antoine Derose
PRESIDENT



Liben Gebremikael
EXECUTIVE DIRECTOR

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 Floyddeen 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.

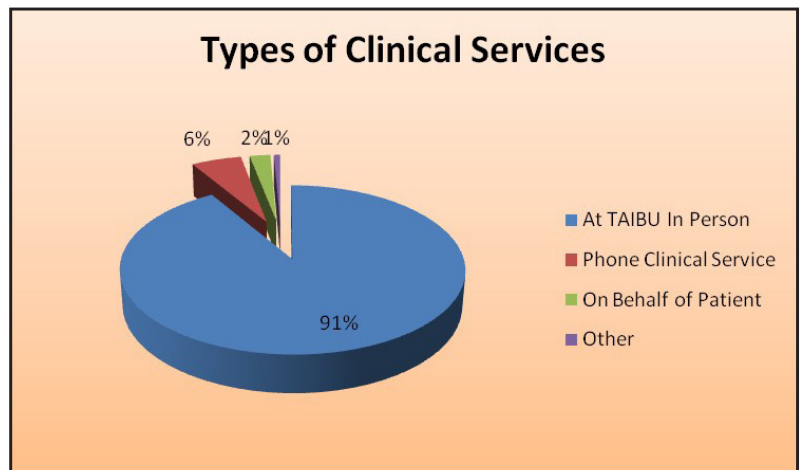
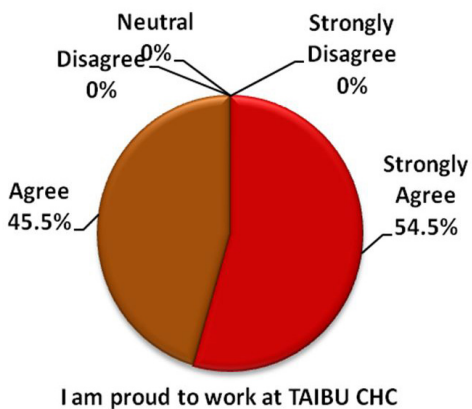
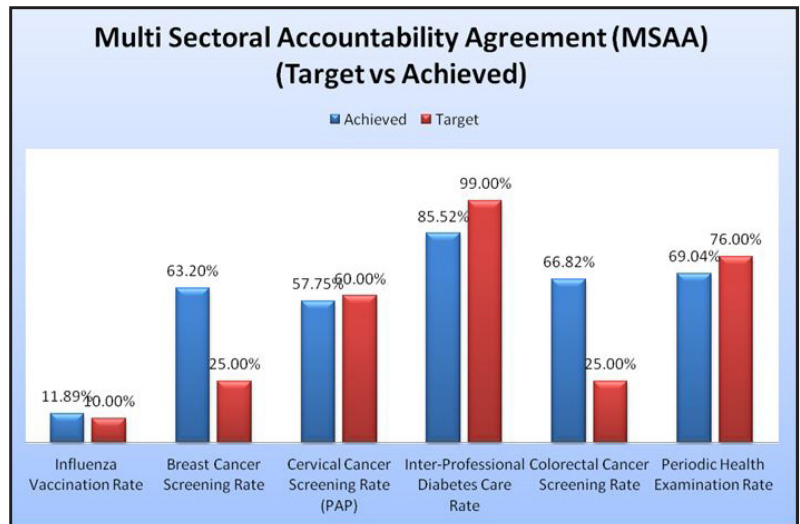
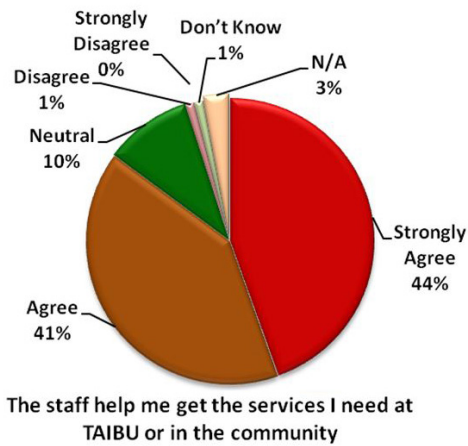
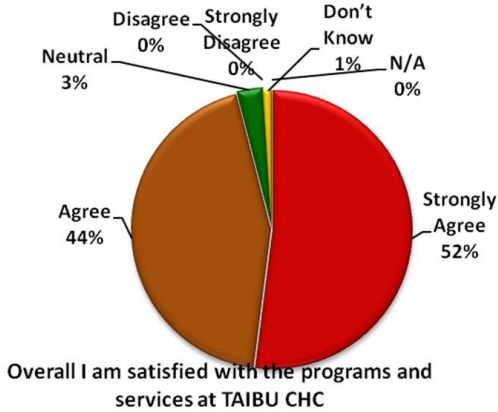
Another significant highlight of the year is the success of our Black Men's Health Challenge – a Diabetes Prevention Project - that engaged 20 men in life style/behaviour modification program with huge personal as well as community outcome. This program was one of the many innovative programs that TAIBU 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.

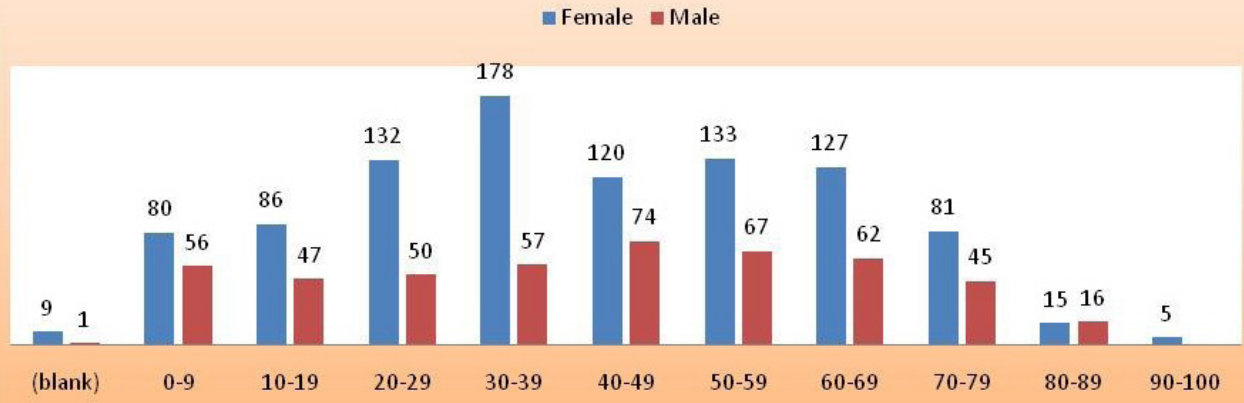
TAIBU!

"TAIBU was successful in implementing the Healthy Francophone Communities in Scarborough initiative under the leadership of the Coalition that was established in January 2014."

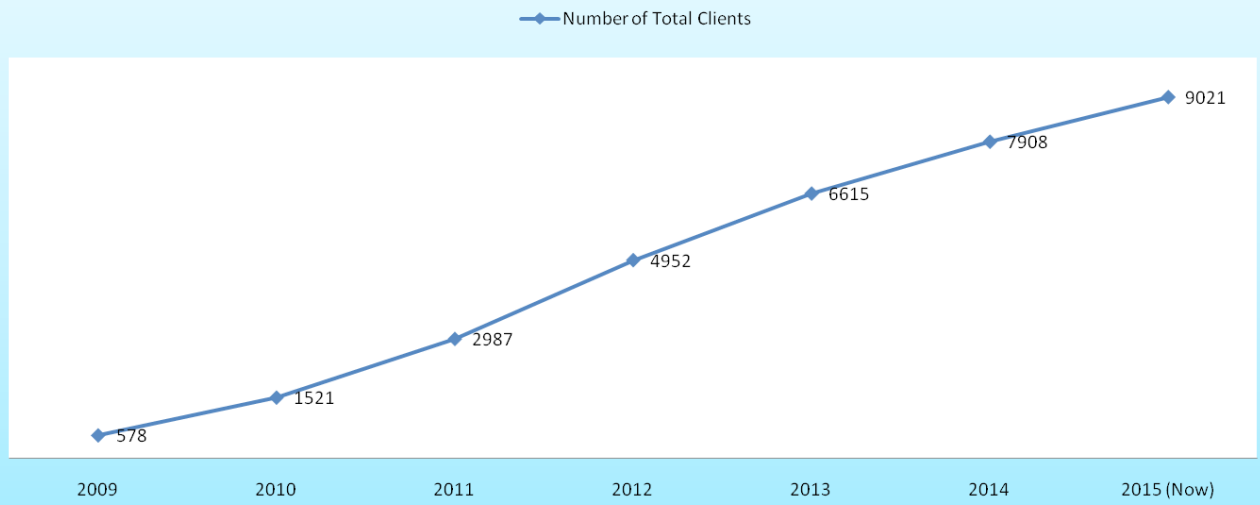
SERVICE HIGHLIGHTS



New Clients by Gender and Age Group



Number of Service Recipients- TAIBU's Growth



"89% of staff reported that TAIBU's leadership motivates staff to provide excellent service and programs"

Approximately 60% of TAIBU clients are of African Descent
34% of South Asian descent, 2 % white and 4% Others.



HIGHLIGHTS OF SOME COMMUNITY 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 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 including: 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



UBUNTU FOOD AND NUTRITION WORKING GROUP

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.

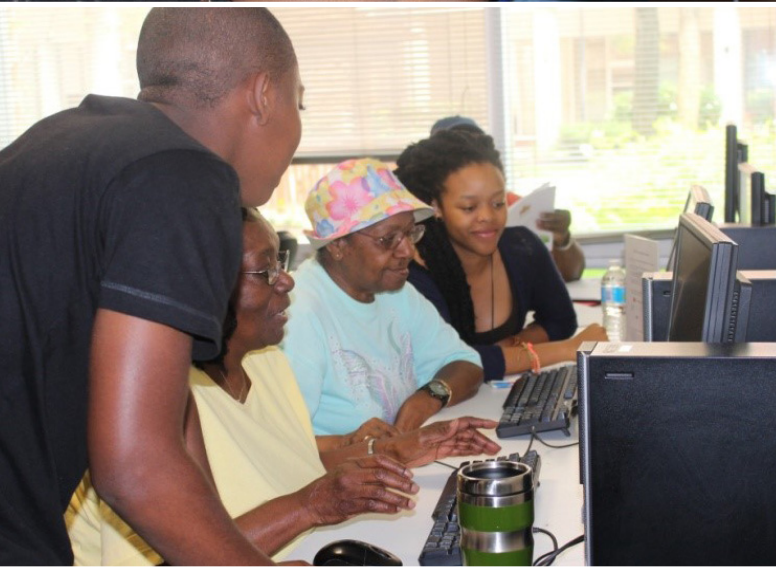


Back 2 Life



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, life style 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."



L.E.A.R.N. ACADEMIC SUPPORT PROGRAM

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.



FRANCOPHONE HEALTH PROMOTION

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.

PARTICIPANTS FRANCOPHONE PROGRAMS

Activities	Female	Male	Grand Total
Francophone Chronic Disease Self-Management	12	5	17
Francophone community kitchen and healthy cooking	45	13	58
Francophone's Women's Fitness program	51	9	60
Francophone's Men Fitness program	3	19	22
Grand Total	111	46	157

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 »

INDICATORS OF ACADEMIC SUCCESS

- School Comfortability
- Class Room Equity
- Perceived Threat of Discrimination
- Cultural Congruence
- Student Teacher Relationship
- Reduced Barriers to Academic Support



READY SET GO

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 Derming LLP

CHARTERED ACCOUNTANTS
Licensed Public Accountants

Toronto, Ontario
June 22, 2015

SUMMARY BALANCE SHEET		AS AT MARCH 31, 2015	
ASSETS	2015	2014	
Current Assets			
Cash	\$ 344,317	\$	120,578
Marketable securities	130,991		130,498
Accounts receivable and prepaid expenses	311,169		495,308
	786,477		746,384
Property and equipment	2,097,900		2,254,715
	2,884,377		3,001,099
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		774,139
Deferred capital contributions	2,097,900		2,254,715
	2,878,527		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			
Current Assets Central East LHIN funding and Ministry of Health and Long Term Care			
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	280,34		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."

FUNDERS



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

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, Cedebea 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

Floydeen 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 Kimando, 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 Bedri 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, Chiroprapist
Nan Shi, Physician Assistant*
Natashia 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, Chiroprapist**

COMMUNITY PROGRAMS

Min Di, Health Promoter
Estella Williams, Health Promoter
Vijay Saravanamuthu, Community Health Worker
Ulysse Guerrier, 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 Ashroff Mohamed, Childminder
Maria Descallar, Childminder
Natasha Diwanji, Childminder
Sajida Najam, Childminder
Juan Pang, Childminder
Lubna Tazeen, Childminder
Pushprani Thirugnanasampant, Childminder
Hong Zhao, Childminder

* left during the year
** new

