

FAMILY SERVICES of PEEL



Thank you to all the students and volunteers who worked at Family Services of Peel during the summer. Their hard work and commitment are greatly appreciated, and they made great assets to our team.

Non-Profits and the Current Political Climate

Where are non-profit organizations sitting in today's rapidly changing economic and social political climate?

Media gurus report that billion dollar funding cuts to social programs will impact the most vulnerable and that they will be pushed into deeper poverty. In addition, community services with already lean operations will have to focus on delivering more results for fewer dollars. For example, some changes include new directions for autism. Families will have to use a voucher system to secure the services as needed, as opposed to unlimited access as a health care amenity. While this model offers more choices, a voucher system with no guidelines can become a nightmare for clients.

In the **employment and training sector**, the new model will have service system managers operate and deliver services, with contracts open for bidding to all sectors, including for-profit companies. This will occur amidst a \$54 million cut to the sector, mostly managed by non-profits who support Ontarians to find employment.

The Local Health Integration Networks are being replaced by the mega-agency **Ontario Health Teams**. This could mean a loss of community control of programs and organizations that serve specific populations, such as LGBTQ people, women, and youth.

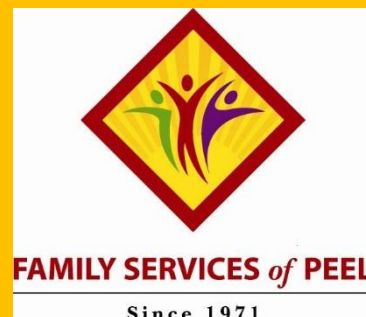
Ontario Health Teams



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Transforming Lives in Peel

Volume 10 | Issue 3



Quarterly Newsletter September 2019

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Non-Profits

Changes to non-profit organizations in the current economic and social political climate.

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Canadian Thanksgiving

A factual account of why Thanksgiving in Canada differs from the American holiday.

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Health and Wellness Corner

Did you know that celery is 95% water and 100% not pizza? Check out our column for some interesting tidbits.

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In our Clients' Words...



Monica,

Thank you for
all that you do
+ know that you're
making a difference!

Thank you notes from placement students who
worked in the Peel Institute on Violence
Prevention program.

Dear Monica,

Thank You so
much for your help, support
and reference. I am really
grateful to you from the
bottom of my heart. My
experience at FSP has been
amazing and I am so glad
to be able to do my
placement here.

Loads of Best Wishes,
Meka
2019.

I got the job offer for a
manufacturing company in Milton.

Thank you so much for everything
that you did. I am also taking a
payroll course online and a
QuickBooks course via Sheridan.

You worked behind the scenes to
get me the job. The way you
supported me right from day one
when my self-esteem was so low
and encouraged me to attend all
the workshops and seminars and
job fairs as well as preparing my
résumé... that was just incredible!

I have no words to thank you and I
will always pray for you and your
family.

Employment Ontario Client

Just the Facts, Ma'am... The History of Thanksgiving in Canada

I have always wondered about the origin of **Thanksgiving in Canada** and how it differs from the American holiday. Researching the topic brought up some interesting facts, but no definitive answer.

There are a number of noted historical events which may have contributed to the institution of a Canadian Thanksgiving holiday.

- In **1578**, **Martin Frobisher's (an English explorer and privateer) 3rd voyage** was marred by terrible weather. A freak storm in July separated his fleet of 15 ships but fortunately, they reunited in August in the area that would later be called Frobisher's Bay. To give thanks to God for reuniting them, an Anglican priest and chaplain of the voyage brought everyone together for a communal meal and Eucharist mass.
- In **1606**, Samuel de Champlain and the settlers in Port-Royal, Acadia (Nova Scotia) suffered a horrible winter. To raise everyone's spirits, Champlain established a social club called the **Order of Good Cheer**. The Intendant to the King of France in North America was expected to arrive on November 14th, so that date was set as the first club meeting, and the focus of the event was on food and entertainment. The Order's feasts occurred weekly throughout that winter and then later became an annual tradition in the fall.
- When the British took over in **1763**, the date of and reason for **celebrating Thanksgiving** began to vary and **became particularly dependent upon one's location**. For example, Halifax (who were by and large English) held Thanksgiving to celebrate Great Britain's victory over France.



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Non-Profits and the Current Political Climate (Continued from Page 1)

Many sectors are affected by these newly enforced cuts, which could potentially put many at risk. People in the Ontario non-profit sector and clients accessing services are quite concerned about the increasing impact of the extensive cuts and program restructuring. Working directly with the community, there is a sense that these cuts will greatly impact the people who consider these supports their lifeline, especially during times of crisis, the rising need for housing, increasing food costs, and stagnant low minimum wage.

Budget Estimates 2019



- How do the Budget Estimates compare to last years budget?
- What is the effect for the communities and people we serve?

The role of non-profits is to improve the quality of life of others and to enhance well-being. In order to continue to do so in Ontario, I believe that the sector needs to sit at the government table **as a partner** in order to develop solutions to these ongoing struggles and challenges, and to hopefully minimize barriers to service.

References:

<https://policyoptions.irpp.org/magazines/june-2019/ontario-communities-cant-afford-government-cuts/>

<https://pressprogress.ca/doug-ford-quietly-planning-half-a-billion-dollars-in-cuts-for-low-income-workers-and-people-with-disabilities/>

<https://www.thespec.com/news-story/9280266-social-programs-face-1-billion-spending-cut-in-ontario-budget/>

<https://www.thestar.com/opinion/contributors/2019/04/23/the-impact-of-1-billion-in-social-services-cuts.html>

Article submitted by Marijoy, Program Manager at Family Services of Peel

Health and Wellness Corner

WELLNESS QUIZ (True or False)

- 1 The government regulates the term “superfood”.
- 2 Over-the-counter medications don’t have side-effects like prescription drugs do.
- 3 The term “natural” indicates a food is healthy.
- 4 Dehydration can cause fatigue.
- 5 You need to do muscle-strengthening activities 5 days a month.
- 6 A tan is healthy.
- 7 Studies show that adequate protein (about 20 to 30 grams per meal) can decrease cravings by up to 40%.



Brussels Sprouts and Apple Slaw with Pecans

INGREDIENTS

- | | |
|-------------------------------------------|-------------------------------------|
| 500ml Brussels sprouts (about 12 sprouts) | 30ml (2 tbsp) rice or cider vinegar |
| 1 medium apple, grated | 5ml (1 tsp) Dijon mustard |
| 15ml (1 tbsp) extra virgin olive oil | 1ml (¼ tsp) each salt and pepper |
| | 50ml (¼ cup) cup toasted pecans |

DIRECTIONS

Cut off tough ends of sprouts and slice thinly, or shred them in food processor using slicing blade. Combine shredded sprouts and grated apple in serving bowl. In small bowl, whisk together oil, vinegar, mustard, salt and pepper. Pour over sprouts and top with toasted pecans.

Makes 6 servings. Each: 81 calories • 1.5g protein • 5.5g fat • 8g carb • 2.5g fiber • 124mg sodium



REACH YOUR BEST



Myth: You can't get much water from foods you eat. **Fact:** Plant foods such as broccoli, celery, grapefruit, lettuce, melons, oranges and tomatoes are **85% to 95%** water. Eating plenty of plant foods adds to your daily fluid intake. **Another benefit:** Foods high in water can make you feel fuller and curb your appetite.

Marijoy's Food Blog

As summer comes to an end, inevitably so do barbeques and cookouts. However, that doesn't mean that grilled fare shouldn't be an option during the colder months.

Vos Restaurante Argentino (847

College Street, Toronto) offers an assortment of delicious charcoal-grilled meats, and they also specialize in cocktails and wines, making this restaurant an exquisite experience of authentic South American cuisine.

Argentinian beef is said to be one of the best in the world and from my dining experience at Vos, I wholeheartedly agree!

I had the privilege of dining in Vos' lower level private area, which included a luxurious wine display. The ambiance was magnificent and most importantly, the food was delicious. My starters consisted of an assortment of Empanadas: **Carne**

de Ternera, Asado de Tira-Chorizo Aumado, and Mozzarella, Pancetta y Datil. Each pastry pocket was jam-packed with flavour and zest, and along with the warm filling, the texture of the exterior made them

simply scrumptious.

The **Pulpo a la Parrilla** (grilled Spanish octopus served with potatoes)

was juicy and moist, and grilled to perfection. The fresh and delightful **Calamares a la Parrilla** (lightly breaded grilled calamari – tomato concasse) is one of my fav apps to order. The **Mollejas al Carbon** is identified on the menu as sweetbread with herb oil. Thinking that I would be devouring some bread that was sweet, I was surprised to find out that it wasn't a floury wheat based delicacy, but a



culinary name for thymus. I was caught off guard but definitely wasn't disappointed with the sweet and rich flavours.

For the entrée, I ordered the **Asado de Tira** (beef short ribs) and **Bife de Chorizo** (New York cut steak – Argentinean imported), accompanied with side dishes of **Batatas Gajos Marinadas** (marinated sweet potatoes), and **Variedad de Hongos Salvajes** (wild mushrooms – chorizo).

All the dishes exceeded quality and taste, and because I ate so much food in one sitting, this had been one of the very rare times that I had no room for dessert! But I will definitely be returning to Vos Restaurante Argentino for the delectable sweet treats. Happy Eating!

Marijoy is a Program Manager at Family Services of Peel and an avid "foodie"

Just the Facts Ma'am... The History of Thanksgiving in Canada (Continued from Page 2)

- Thanksgiving was made an official holiday in **1879** but fluctuated between dates in October and November because the government tied the holiday to a certain theme or event each year (harvest, special anniversary, etc.). **It was even combined with Remembrance Day for a short while.**
- In **1957**, Parliament settled on the official date, with the proclamation, "**A Day of General Thanksgiving to Almighty God for the bountiful harvest with**

which Canada has been blessed – to be observed on the 2nd Monday in October."

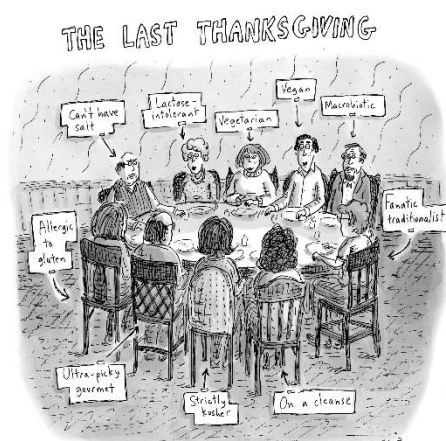
- The harvest aspect is important; it is why the holiday is in October as that date is closer to the time in which Canadian farmers actually harvest. Also, it was felt that Remembrance Day deserved a day of its own and that separating the two would be best.

Reference: All About Canadian History

Article submitted by Franca, Executive Assistant at Family Services of Peel



The first American Thanksgiving is generally regarded as happening in 1621 in Plymouth, Massachusetts, whereas Canadians had theirs in 1578, when Martin Frobisher was exploring what is now Newfoundland.



The Bulletin Board

FREE family law consultations by **Mississauga Law Chambers** commenced on June 5th. This service is provided at Family Services of Peel's Mississauga office, every Wednesday, from 6:00pm to 8:45pm.



Our **48th Annual General Meeting** was held on June 7th at the Living

Arts Centre. Thank you to our keynote speaker, Paula DeCoito, to MP Khalid, and to the funders, community partners, staff and volunteers who attended our **"Community of Care. How Research Directs Treatment"** themed event.

Congratulations on the recent graduations of all **Youth Opportunities Program** participants: Group 9 on June 14th, and Group 10 on August 9th.

Our annual **Supported Independent Living picnic** was a



huge success! Staff and clients had an enjoyable time at the Mississauga Valley Community Centre Park on July 11th.

Program Manager, Shehzad Bandukda was a guest on Radio Talk Show 960AM, and spoke about youth employment on the **Sauga News Peel Matters Radio Show**.

Our employment services office held a well-attended **University of Toronto – Mississauga Campus** and **RBC Insurance** hiring event on August 7th, at the Living Arts Centre.



Global Conference on Human Trafficking and Trauma: A Public Health Response.

Family Services of Peel, in partnership with the University of Toronto – Mississauga Campus (UTM), Harvard University, and York University, held the first international Human Trafficking conference in Canada on June 24th and 25th, 2019, at UTM.

A total of 75 abstracts were submitted to the Advisory Committee for their consideration, and there were 249 participants in attendance. The Final Evaluation was completed by 106 respondents: Survivors (1.9%), Service Providers (41.5%), Policy Makers (3.8%), Students (5.7%), and Researchers (9%).

The panel discussion, which opened the conference, stressed the importance of focusing anti-trafficking efforts and resources more effectively and inclusively. The panel included academics and researchers from a variety of disciplines, who were joined by subject matter experts, advocates, and leaders.

Comments on their work and their experiences contributed significantly to the dialogue, and it was impressed upon everyone that the focus should be on the voices of those who are most directly affected.



Monthly Observances

Family Services of Peel celebrates diversity via articles, videos, information sheets, social media, and our glass whiteboard. The following observances will be recognized during the months listed below.

AUGUST

French Heritage Month
Civic Holiday (5)
Eid al-Adha {Islam} (12)

SEPTEMBER

Literacy Month
Labour Day (2)
Int'l Literacy Day (8)

OCTOBER

Women's History Month
World Homeless Day (10)
Thanksgiving Day (14)
Diwali {Hindu} (27)
Halloween (31)

Wellness Quiz (Answers)

- 1. False** – The government doesn't define words such as **real** and **superfood**.
- 2. False** – Many people assume over-the-counter medications are safe, but they can have side-effects or interactions. This is especially true when taking multiple OTC meds or using them with prescription drugs.
- 3. False** – According to Health Canada, the term **natural** on foods means they do not contain an added vitamin, mineral, artificial flavouring agent or food additive.
- 4. True** – Drinking water reduces fatigue. Keep a water bottle handy if a drinking fountain or other source isn't nearby.
- 5. False** – Do muscle strengthening at least 2 days a week.
- 6. False** – A tan is a sign of skin damage.
- 7. False** – It's 60%. To combat cravings, start by eating meals that contain enough protein to make you feel full.

FAMILY SERVICES of PEEL

Mission, Vision, Values and Contact Information

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<https://twitter.com/fspeelca>

Transforming Lives in Peel

Volume 10 | Issue 3



Quarterly Newsletter September 2019

Mission Statement

Through leadership, collaboration and innovation, we support families and individuals in Peel to transform their lives.

Vision Statement

Transforming Lives in Peel

Values

Responsiveness
Excellence, Leadership, Innovation
Service Accessibility and Inclusion
Partnership and Collaboration
Engaging Community
Client Driven
Transparency

What **Diversity** and **Inclusion** means to Family Services of Peel:

Diversity

The mix

Inclusion

Making the mix work

Sandra Rupnarain (Editor)

*Franca Vettese (Co-Editor/
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