

# FAMILY SERVICES of PEEL



Seniors group who participated in the Capturing Life's Captivating Moments and Creating Memories Program, and produced their own personalized calendar.

## Tea and Wellness

*"Tea time is a chance to slow down, pull back and appreciate our surroundings."* – Letitia Baldridge

The seeds for this piece were sown during the trauma screening training at Family Services of Peel. As the self-care section was discussed, I asked myself, "What do I do for my personal wellness that I can easily sustain? What can I do to balance work/life stress? Amidst working with clients who have experienced trauma, juggling the demands of a full-time job, and raising two young daughters, how can I replenish my drained emotions and mental fatigue?" The answer I discovered was in a piping hot cup of tea... *comfort in a cup, soothing, and relaxing.*

Growing up in India, tea or *Masala Chai* as we call it, was a part of the cultural fabric.

Travelling the Indian railways with my family, I fondly recall the aroma and the unique taste from the teas served in clay cups by vendors at the stations. It should be noted



that the delicious brew contains spices, such as cinnamon, ginger, black pepper, cardamom, and cloves, which are known to help with digestion, coughs and colds, and boosting of the immune system. Anyway, my parents' morning routine always consisted of a cup of tea and newspapers, followed by a discussion of local and global affairs. In a house filled with a love of books, reading and drinking chai was a treasurable time.

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## Transforming Lives in Peel

Volume 10 | Issue 4



**FAMILY SERVICES of PEEL**

Since 1971

## Quarterly Newsletter December 2019

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Tea... a delicious brew but more importantly, wellness in a cup.

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Great tips on how to travel to exotic locations on a budget.

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"The song is ended, but the melody lingers on." – Irving Berlin

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## In our Clients' Words...



### A Message from the Executive Director

As Bob Dylan sang, "The times they are a changing."

A big change is heading our way in the form of a major move of both our Mississauga and Employment Ontario locations into one site. Our head office has been at 151 City Centre Drive for many years but you can't stop progress, and we need to be in a constant state of flux to stay current and adapt to change.

The search for a new location has been an involved process. There are significant differences when you are the catalyst for a move versus being told that you have to move because the building will be demolished to accommodate 2,000+ condos! But a change is as good as the rest, or so the saying goes. There is comfort and security in the familiar but change is constant.

We now have an opportunity to bring our uniqueness to a new location. It will be a time to refresh and reflect upon our past while working diligently to establish our future.

## Travel Blog: Making Travel a Way of Life



Experiencing travel and enjoying life is a dream for many. For those who do travel, it's mostly on a budget and generally to destinations around the Caribbean. Except for a lucky few, exotic travel is generally a "bucket list" item. However, there is a cheaper way to fulfil that dream – so let me begin with a few suggestions on cutting the costs on airfare or hotel accommodations. How? Loyalty points! In Canada we have a few options, but I'm going to touch upon the three most popular ones: RBC Avion, WestJet, and Aeroplan.

The **RBC Avion Visa** card accumulates points that one can use for either shopping or towards the purchase of airline tickets, without any blackout dates. However, this card has a yearly fee. **WestJet Rewards** is better as its partners are KLM and Air France but to ensure that you accumulate sufficient points, you have to travel on only the above three airlines. Lastly, **Aeroplan** is my all-time favourite, and the one that allows me to collect loyalty points with ease and without breaking my budget.

Aeroplan's partners consist of a consortium of 39 Star Alliance airlines, which includes Air Canada. So, if you're travelling on any one of those airlines, you're collecting points. However, it doesn't stop there. Aeroplan is also partners with 111 hotels and motels across the globe, and you earn points when you stay in any one of those hotels.

With this great membership, you also earn miles when you park your car at the airport, take a cruise, rent a car, do online shopping at over 40 affiliated stores (like Amazon and Costco), and shop at select retailers. To see the entire list, just do a Google search of "Aeroplan partners".

## Tea and Wellness (Continued from Page 1)

There are many fascinating aspects about tea and its history. It is believed to have been discovered in China in 2737 BC after some leaves dropped into Emperor Shennong's cup of boiling water. Now made in many parts of the world, China, India, Sri Lanka, and Kenya are the main producers. Globally, tea ranks as the second most consumed beverage (water being the first). Finally, it comes from the *Camelia Senisis* plant, the most common types being the black, green, white, and oolong tea, with variations that exist in the thousands.

Research has shown that tea contains half the caffeine than coffee, and has L-theanine, an amino acid that is known to reduce stress. A Chinese study in the *Journal of Clinical Oncology* (2010) concluded that regular exercise and tea consumption may play an important role in the prevention of depression among breast cancer survivors. The *American Journal of Clinical Nutrition* (2009) found in a Japanese study that green tea consumption was inversely associated with psychological distress. The University of London's research (2010) found that tea does not appear to reduce the actual levels of stress but has greater effect in bringing the stress hormone levels back to normal. *Phytomedicine's* (2016) study found that Chamomile tea reduced symptoms of generalized anxiety disorder. In the U.K., there are tea and talk groups to promote mental health and well-being. Tea drinking can be an everyday mindfulness practice from the slow brewing process, to taking in the sounds, to wrapping your hands around the cup as the warmth envelopes you and the aromas tingle your senses in anticipation of the first sip. Ahh... so satisfying; so beautiful; so relaxing!

What do you do to support your wellness? Are you a tea drinker? If so, how do you take your tea? Do you have a story or an experience about tea? Join me with a warm cup of tea. Cheers!

*"Enjoy simple things with total intensity. Just a cup of tea can be deep meditation."* – Rajneesh

*Article submitted by Sunanda, Clinician at Family Services of Peel*

## Coping with Grief during the Holidays

Christmas time may trigger strong emotions, due to the symbolism and meaning attached to the season. Loved ones are part of our significant life milestones, and the events themselves can feel less meaningful without them. Missing someone is heightened during holidays, making grief more pronounced. Being constantly reminded about what's missing in your life – when witnessing what others have – can also be difficult.

Grief is an individual process and the most important thing to keep in mind is to treat yourself gently as there will be loneliness, sadness, anxiety, and depression. To manage, take care of yourself, treat yourself with kindness and compassion, decide what you can comfortably handle as you may not be able to handle everything, and then let family and friends know your limitations. Should the need arise, make some changes as there could be holiday traditions that you may choose to let go and some you want to keep. *If you're struggling with grief, don't bear the burden alone, speak to someone.*

*Article submitted by Sandra, Director of Client Services at Family Services of Peel*

*"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but, you will never be the same. Nor should you be the same, nor would you want to."*

*– Elizabeth Kubler-Ross  
and John Kessler*



*"What we have once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us."*  
– Helen Keller

## Marijoy's Food Blog

As winter approaches, one thing that I like to cozy up to are tacos. Yes, I said tacos! This absolutely delicious Mexican dish is a staple in my diet all year round, and it definitely doesn't stop during the holiday season. One of my favourite spots to get these tasty treats is **La Carnita**. I would visit the original Toronto location frequently but the franchise recently opened their restaurant at the Square One (Food District) location, making it that much easier for me to get my taco fix! Not only do they serve delicious food but along with the atmosphere and vibe, it's a great low-key place to just relax and enjoy their exciting menu and cocktails. In addition, their multiple locations are designed with local help from some of the best street style artists in Toronto, connecting the love of food through art and music.



First things first! My go to (delightful) starters from La Carnita's

mouth-watering menu are the **Mini Tostadas** (crispy pastry topped with black beans, sesame, pomegranate, corn salsa, and sprouts), **Tuna Ceviche Tostada** (topped with fresh tuna, guacamole, coconut milk, habanero, tomato, and cucumber), and **Mexican Street Corn** (with crema, queso añejo, árbol & ancho chili powder). I absolutely love corn and can't go without ordering this gem of a dish. Another thing that I love about this restaurant is that they use corn tortillas and I personally believe that it makes the tacos taste that much better.

Now for the main reason why I visit this place... the tacos! My favourites are the **Sweet Potato** (filled with crispy sweet potato, cashew crema, black beans, lettuce, corn salsa, pickled jalapenos, sesame, and pequin hot sauce... a vegetarian taco dream), **Carne Asada** (savory grilled steak, chipotle mayo, tomatillo salsa, crispy shallots, lime avocado, and cilantro), **Mexican Chorizo** (chorizo

sausage, habanero mayo, cotija cheese, mango salsa, guacamole, chicharrones, and cilantro... one of the tastiest tacos I've ever had), and the **Baja Shrimp** (crispy shrimp, roasted garlic mayo, blackened chilli hot sauce, pickled kohlrabi, lettuce, and seeds). Worth mentioning that at the Square One location, you can get the Mexican Chorizo dish for a steal deal... 8 tacos for \$28!

These delectable bursts of flavours don't end there... the grand finale consists of **Churros**, accompanied with house made Cajeta! This deep fried dough pastry is sprinkled with cinnamon sugar and dipped in a warm caramel-like sauce that becomes a dessert made of dreams. If you love tacos and churros and have yet to visit La Carnita then I highly suggest you make your way over there now. Happy Eating!

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

## Travel Blog: Making Travel a Way of Life (Continued from Page 2)

This sounds great, right? But it doesn't stop there. Financial credit cards like AMEX, CIBC, and TD also allow you to earn Aeroplan miles. Personally, I use my Aeroplan card to buy gas and do online shopping. However small the amount, the points accumulate with this great rewards program.

This membership also allows you to add an extra travel destination without spending extra points. For example, if I'm travelling from

Toronto to Paris, I can add a Cairo stopover for the same amount of points. Egypt Air is an Aeroplan/Star Alliance partner and they service both the Toronto and Paris airports.

But it should be noted that accumulating points takes time and dedication. If travel is high on your list then also try using flight search engines like **Momondo**, **FlightHub**, **Expedia**, and **Travelocity**. (When comparing the sites, I found Momondo to be the most

economical.) Also try **Scott's Cheap Flights** ([scottscheapflights.com](http://scottscheapflights.com)) and consent to e-mail alerts. When you hear stories of airlines giving away underpriced business class tickets or under \$100 flights to certain destinations, those steals are usually from this fantastic site.

*Article submitted by Shehzad, Program Manager at Family Services of Peel*





Exciting News!  
Family Services of Peel has taken over as the lead agency, overseeing the **Peel Elder Abuse Prevention Network (PEAPN)**.

Congratulations to our Group 11 **Youth Opportunities Program** participants, who graduated on October 4<sup>th</sup>.

A big THANK YOU to the staff



who contributed towards the **United Way Greater Toronto Fundraising Campaign**. Approximately \$5,100 was raised!

Our employment services office held two successful hiring events on November 7<sup>th</sup> (for a **physiotherapy clinic**) and November 8<sup>th</sup> (**Amazon**).

### Top 5 Winter Fun Activities in Mississauga

#### 1. Skating.

Find a nearby rink at [Mississauga.ca/portal/residents/Arenas](https://mississauga.ca/portal/residents/Arenas)

#### 2. Exploring City Parks and Trails.

Visit [Mississauga.ca/parks](https://mississauga.ca/parks)

#### 3. Cheering for Your Local Favourites

Find a local sport team at [paramountfinefoodscentre.com](https://paramountfinefoodscentre.com)

#### 4. Cozying up with a Live Performance.

[culture.mississauga.ca/meadowvale-theatre](https://culture.mississauga.ca/meadowvale-theatre) and [livingartscentre.ca](https://livingartscentre.ca)

#### 5. Bird Watching or Hiking at Riverwood Conservancy

[theriverwoodconservancy.org](https://theriverwoodconservancy.org)

On November 18<sup>th</sup>, Sandra Rupnarain presented on **Assessment and Tools for Nurses on Human Trafficking and Prostitution**, at Sheridan College's Human Trafficking Conference (Ontario Campus Health Association).

Family Services of Peel provided **Trauma Screening Training** to Children Aid's Society staff on November 21<sup>st</sup>. This training was also presented to 12 agencies in the Toronto area.

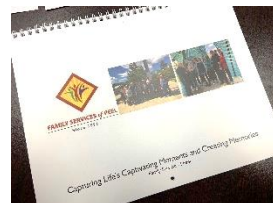
Family Services of Peel has completed a **Single Session Therapy Toolkit**. More details to follow.

Family Services of Peel has partnered with the University of Toronto – Mississauga Campus on the **Social Innovation Project**, which pertains to Human Trafficking awareness on campus.

The **P2S Program** continues until March 2020. The Agency submitted an application to the Ontario Trillium Foundation for program continuation.

### Our Capturing Life's Captivating Moments and Creating Memories (3 C's) Program

provided an opportunity for seniors in our community to engage with each other, learn about safety, and gain information on healthy lifestyles and nutrition. They also had the opportunity to gain photography



skills through the sessions and as a result, were able to produce a personalized calendar showcasing photos from every participant in the 3 C's project.

## 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.

### NOVEMBER

Remembrance Month  
Remembrance Day (11)  
National Child Day (20)

### DECEMBER

Homelessness Awareness Month  
National Day of Remembrance and Action on Violence Against Women (6)  
Human Rights Day (10)  
Hanukkah {Jewish} (22-30)  
Christmas Day (25)  
Boxing Day (26)

### JANUARY

Disabilities Awareness Month  
New Year's Day (1)  
Christmas {Christian Orthodox} (7)  
International Holocaust Remembrance Day (27)



# 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 4



## Quarterly Newsletter December 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/  
Graphics/Layout)*