

Making a Difference

The Rotary Club of Toronto | Marketing & Communications Special Edition

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ROTARY CLUB OF TORONTO CHARITABLE FOUNDATION

Scholarship Committee

The Scholarship program originated as one of the \$100,000 Club Centennial Projects. Initially, there were three full tuition undergraduate scholarships to be awarded, one each year for three years. The first scholarship was awarded in the spring of 2012. The scholarship is open to outstanding students graduating from a TDSB or TDCSB secondary school who can demonstrate financial need, academic excellence, moral character, leadership and breadth and depth of community service and who will be attending a College or University in the Greater Toronto Area. The program was extended to a fourth student in the spring of 2015. In the summer of 2015, the Scholarship Committee became a permanent committee of the Club with a mandate to award one full tuition scholarship each year.

This scholarship makes a post-secondary education possible for these talented young people who otherwise might not be able to continue their studies due to serious financial circumstances. Aside from the financial support, one member of the Scholarship Committee takes on a very important and gratifying mentorship role with each student throughout their undergraduate years. This is invaluable for the student making the difficult transition to post-secondary education often without appropriate role models. These students become ambassadors for Rotary and participate in Club events such as Youth Day. Each student is encouraged to become members of the university Rotaract Club and participate in their activities. This also provides an opportunity for them to be involved in the life of the college or University and meet like-minded students.

— by Richard White, Scholarship Committee Chair

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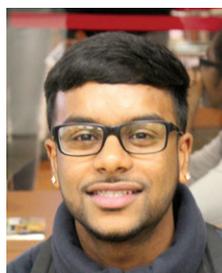
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Souleik Kheyre (2012)

My name is Souleik Kheyre and I am in my fourth year at the University of Toronto – St. George Campus. I am pursuing a double major in International and Employment Relations and a minor in African Studies. I joined the U of T Rotaract Club in my first year and have enjoyed the projects we have sponsored as well as the opportunity to participate in the Rotary Club of Toronto activities as well. I feel my principles and values align with the Rotaract and Rotary principles and values and I will continue my membership into the future. I have also enjoyed working with youth in various communities which led me to help found a youth magazine titled Victory. It focuses on human rights, health tips, school tips and advocates against youth violence within Toronto.

Over the past two summers I worked with St. Stephen's Employment & Training Centre's Summer Jobs Service program assisting students looking for summer employment. I helped them develop their resumés, cover letters and interview skills. As a youth growing up in the Jane-Falstaff community, I experienced difficulty securing employment. Now, as a Peer Research & Outreach Worker, I am looking forward to collaborating with youth in my community to understand and reduce barriers to employment.



Naresh Sritharan (2013)

My name is Naresh Sritharan and I am presently enrolled in my third year at the University of Toronto – Scarborough. My major course of study is in Human and Physical Geography with a double minor in Applied Statistics and Psychology. My area of interest is education and I hope one day to become a teacher. The most valuable lesson I have learned is the importance of managing my time well. Good time management is an essential tool for success at university. It was important for me to learn how to manage my time in order to complete my studies, prepare papers and also to allow for my part-time job, friends and family. I have learned how to manage my time with shifting priorities throughout the school year and look forward to entering my fourth year of study in September 2016.



John Chen (2014)

My name is John Chen and I am in my second year at the University of Toronto – St. George Campus. I started my first year in the Engineering Science Program in the Faculty of Applied Science and Engineering. Over the course of that year with more research and knowledge, I decided my area of interest is in the Bioinformatics and Computational Biology Specialist Program in the Faculty of Arts and Sciences. I was able to transfer all of my credits and started my second year in September 2015. During this transition, I have appreciated the help and guidance of my Rotary mentor Mr. Charles Dillingham who has provided useful and insightful life and career advice.



Poorva Patel (2015)

My name is Poorva Patel and I am a first year student at the University of Toronto – Scarborough Campus. Currently, I am enrolled in the Biological Sciences Program hoping to do a major in Neuroscience or Neurobiology. This area of study focusses on the physiology of the brain and nervous system. There is still much to learn about the nervous system, so neurobiological science is a rapidly growing area of research. I am taking a variety of courses including Chemistry, Biology, Psychology and Statistics as a solid foundation for this area of study. The most important thing I have learned in my first year is to take opportunities and try to explore all my interests instead of confining myself to do, strictly, what is necessary. I am learning that I have other interests beyond Science that will broaden my perspective and will lead to more personal and professional growth. University isn't just about earning a degree and gaining knowledge; it is about gaining my independence and discovering who I am and my potential.

**THE ROTARY CLUB OF
TORONTO PHILANTHROPIC
COMMITTEE**

**Senior Citizens
Committee
“Make a Difference”**



The Senior Citizens Committee mandate is to support services and programs by improving the quality of life for disadvantaged seniors in our community. That includes senior individuals who are homeless, under-housed and shut-ins.

Four traditional events are held each year. Meals-on-wheels at Easter, Thanksgiving, summer picnic and Seniors Christmas Party.

In order to stay connected, a Consultation Forum organized by the SCC helped us identify gaps in senior services. The overwhelming issue was ACCESS. Access to transportation, access to health/nutrition, access to housing and access to support services.

Once the results were presented to The Rotary Club of Toronto Charitable Foundation Board, the SCC was asked to develop a grant stream process for agencies that are applying for larger more specific projects. A comprehensive package with a submission process and criteria in assessing and recommending proposals was developed. Since then 4 agencies received funding: - Sistering, Woodgreen, Dixon Hall and Food Share. In addition, funding for social programs was provided to Art Heart Community Centre and 416 Community Support for Women. As well 30 laptops were presented to 9 agencies.

We continue to work closely with community agencies and support their efforts to meet the needs of seniors in our community.

— by **Mary Lach**, Chair

Marketing & Communications Committee Chair: Sylvia Geist
Issue Editor: Sylvia Geist

Sistering Outreach Program – Parkdale Drop In for Seniors

— by **Joanne Abbensetts**, Director of Development, Sistering: A Woman's Place



In 1981, Sistering opened its doors as a multi-service women's center for homeless, at risk and socially isolated women in Toronto. The core services offered are basic needs for daily living, housing support services, primary healthcare, counselling, individual advocacy, harm reduction and employment readiness. Sistering's target population is exclusively women who are without homes, living in hostels, shelters and sleeping outside, and women who are poor and at risk of becoming homeless.

For 31 years, the Outreach Program in Parkdale has served a largely middle-aged and senior community of women living in precarious housing conditions. Every day between 60 and 80 women visit this Drop In to have breakfast, lunch and socialize, breaking the isolation of living alone. The Rotary Club of Toronto generously donated \$25,000 for social recreation, health, food access and housing supports, which will ultimately enhance the quality of life for seniors in the program.

Since last November, we have successfully run four groups. Workshops take place every other week and on average fifteen women have attended each. Workshops will continue until May 2016, and we expect attendance to increase. Our first workshop was presented by St. Stephen's Community House Seniors program. A social worker spoke about health issues impacting older women. Topics included senior women and sexual health, mental health and emotional well-being, how to talk to your doctor and facts about Osteoporosis and Osteoarthritis.

Parkdale Community Legal Services presented a workshop on “Seniors Rights and Legal Issues”. Discussions centered on Landlord and tenant issues, elder abuse, health care consent, advanced care planning and long term care and power of attorney.

WoodGreen is very grateful to Rotary for the donation to purchase a new, accessible van!

— by **Dorina Rico**, Director Seniors Services, WoodGreen Community Services



This new van will replace an aging, 14-year old vehicle that is currently used to drive seniors to important medical appointments, to WoodGreen's Enhanced Adult Day Program (for seniors with mild to moderate cognitive impairment) and to help them continue to live independently in the community. The new, custom-built Ford 350 passenger vehicle will have a wheelchair lift that can accommodate 8 passengers and 2 wheel chairs. This is a significant improvement on the existing vehicle. This type of van is custom-built and the special chassis has been on backorder for over 9 months. The part has finally arrived and the specialist manufacturer estimates delivery for mid-February.

WoodGreen's Transportation Program addresses the needs of seniors and disabled adults who require assistance with arranging and securing affordable, suitable and reliable transportation to attend medical and therapeutic appointments, Adult Day Programs, shopping and other group events.

Access Alliance Community Health Centre presented the third workshop on “Healthy Eating on a Budget”. Topics covered included Menu planning; how to stay hydrated, and eating to ease pain. The Guide to Healthy Eating for seniors was also discussed.

The most recent group was a tie dye scarf making workshop. The philosophy behind the workshop was about self-care. Twenty women participated and thoroughly enjoyed learning this new technique. (See attached picture.)

Future group activities include: workshops on Diabetes, Mindfulness and Being Present; Homecare and the CCAC; and Foot-care. We plan on having regular community walks in the spring, which will help participants discover resources in their neighbourhood. A trip to Canada Blooms is planned as well as some container gardening activities. We will begin community kitchen activities as soon as kitchen renovations are complete in the Community centre.

We wish to thank The Rotary Club of Toronto for this generous donation, which provides senior women in the Parkdale community with opportunities to learn, connect and grow.



Tie-Dying workshop



The new accessible van



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Difference*