

Making a Difference



The Rotary Club of Toronto | Marketing & Communications Special Edition

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ROTARY CLUB OF TORONTO CHARITABLE FOUNDATION

Supporting Our Foundation



In the last issue of Making a Difference, the focus was placed on the many charities The Rotary Club of Toronto Foundation supported over the fiscal period of 2017. The total funds donated were close to \$1 million. This is significant funding from a Rotary club and our members must be commended for their hard work, careful research and thoughtful direction of projects which may qualify for potential funding.

Our Foundation funds programs and projects in the city with the primary focus on downtown Toronto. The Foundation supports charitable organizations which directly benefit the quality of life in Toronto for children, youth, seniors, indigenous people as well as disadvantaged and marginalized groups who are most vulnerable to the economic, social or environmental challenges of an urban environment, including the homeless, recent immigrants and the poor. The Foundation needs and welcomes financial gifts at any time from Club members, and from non-Rotarians. A substantial portion of our Foundation's assets come from bequests from Rotarians, spouses and families of Rotarians. You may make a bequest to our Foundation in your Will. To receive further information and a suggested format, please call The Rotary office. There are a number of ways of making donations and here are a few simple suggestions:

- memorial gifts
- birthday gifts
- tribute giving
- retirement gifts

- by Valerie Clarke,
Research & Appeals Committee Member

The Rotary Club of Toronto Helping CAMH Dental Clinic Clients on Their Recovery Journeys – by Emma Kimmerly, Communications Coordinator, CAMH



The generosity of the Rotary Club of Toronto is helping to provide people living with mental illness the essential care and confidence they need on their journey to recovery.

The Centre for Addiction and Mental Health (CAMH) is Canada's leading mental health hospital. For more than 30 years, CAMH has provided quality dental care for patients; a service that is often not provided by the community due to financial, psychiatric and societal barriers.

While CAMH's dental clinic has always been committed to treating patients with compassion and care, the physical space was inadequate and outdated. Thanks to support from The Rotary Club of Toronto, a newly expanded dental clinic opened in July 2016 – one that shows patients the respect they deserve.

"It feels open, bright and welcoming now," says Dr. Paul Zung, Senior Dentist at CAMH's Dental Clinic. "Everyone who walks into the new space is pleasantly surprised."

The space doubles the number of operatory rooms to four, allowing the clinic to serve even more patients at a relaxed pace.

Part of the expansion included adding monitors, on which clients can review their X-rays, watch educational or soothing videos during procedures. "We can do something positive for them, make this a positive experience, and put them on the right track," says Dr. Zung.

Visiting the dentist can be stressful at the best of times, but this stress is often heightened for CAMH patients. Anxiety and other mental illnesses add complications to even routine dental work. Cost of services in the community is another barrier – without access to this clinic, many patients would simply have nowhere else to go, and many would forgo oral health care altogether.

"Just recently there was a woman who was missing several teeth and living with a severe terminal illness, she wasn't sure how long she had to live," says Dr. Zung. Inspired by her positive attitude, the clinic came up with a treatment plan for her and acted quickly. "It gave her something to look forward to, we were ready to do something and it gave her hope."

That hope and confidence is essential for recovery, as

it empowers patients to know they can live healthier, more productive lives beyond CAMH.

"There's such a strong connection between the health of one's teeth and a person's mental health because dental health is sustained by daily self-care," says Dr. Zung. He explains that teeth are a record of a person's life, recording the time when people are healthy and the times they stop caring for themselves, such as during a psychotic episode.

The Rotary Club of Toronto Reception & Waiting Room radiates positivity as part of the enlarged clinic, which can now accommodate additional dentists, hygienists, assistants and trainees.

As Canada's largest mental health and addiction teaching hospital, the Dental Clinic at CAMH trains University of Toronto dental students and hygiene students from George Brown College. The CAMH rotation has consistently been a top pick among dental students.

"They're delighted to be here, they like the patients because they feel that they're very grateful," says Dr. Zung.

The expansion of the clinic has given students the opportunity to be more hands-on during their time at CAMH. They are simultaneously creating confidence in themselves and the patients that they work with.

Dr. Zung is currently developing a plan to determine how the clinic can provide services more immediately to ensure that patients don't have to wait as long between appointments, as he says waiting is often a deterrent for those with anxiety. The expanded space will help manage that demand, and continue to meet the unique needs of CAMH clients well into the future.



Dr. Zung's CAMH Dental Team

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Indigenous Services Committee Update



Land Acknowledgement

A territorial or land acknowledgement is an act of reconciliation that involves making a statement recognizing the traditional territory of the Indigenous people who called the land home before the arrival of settlers, and in many cases still do call it home.

The Toronto region has been a site of human activity for 15,000 years. The land is the territory of the Huron-Wendat and Petun First Nations, the Seneca, and most recently, the Mississauga of the New Credit. The territory was the subject of the Dish With One Spoon Wampum Belt Covenant, an agreement between the Iroquois Confederacy and Confederacy of the Ojibwe and allied nations to peaceably share and care for the resources around the Great Lakes.

Indigenous Services Committee

There is a national surge in interest in indigenous issues and a growing resolve to recognize the status and restore the dignity of Canada's indigenous communities. Rotary is playing a leading role in this change and the Indigenous Services Committee offers you specific opportunities to participate.

Participate with other Rotary Clubs

The committee takes the initiative to engage other Rotarians in partnership with the Indigenous communities. For example **Rotaractors** are active with their own initiatives as well in cooperation with the Toronto committee. We have very strong ties in the many indigenous communities as well.

If you share our concern about the status and well being of Canada's indigenous communities and you want to participate in the current national movement for change you can be proud of Rotary's initiatives and -- even more important you can join and work with the Indigenous Services Committee.

— by **Emre Yurge**,
Indigenous Services Committee Chair

Marketing & Communications Committee Chair &
“Making A Difference” Issue Editor: Heather Gordon

Rotarians Changing Lives One Hockey Player at a Time

— by **John W. Currie**, Executive Director, HIP

Building on an initiative started by the Rotary Clubs of Etobicoke and Palgrave, Rotarians across the GTA have come together to collectively sort, pack and deliver 61 pallets of hockey equipment to more than 2,000 Indigenous girls and boys located in isolated communities in Ontario and Manitoba. Equipment that will have a profound impact on their lives.

According to HIP's Executive Director, John Currie, while most people across Canada take extra-curricular activities for granted, the cost to participate in an isolated community is prohibitive. The median household income in these communities hovers around \$30,000 in comparison to \$60,000 for Ontario. Additionally, there is a significantly higher cost of merchandise due to transportation logistic challenges. For example, the cost of milk is often double, and sometimes triple, what someone in Toronto would pay. When you consider survival is the priority, extra-curricular activities take a back seat.

Participation in sports provides many benefits to indigenous youth and their communities. The game of hockey promotes fitness, learning of new skills, reduction in stress, and increase in self-confidence. It exposes young people to peers from different regions and cultures with an opportunity to establish new relationships through a shared passion.

As sports equipment becomes more available, and youth participation increases, awareness and education is critical to get in front of injuries. Through a partnership between HIP, former Olympic skier Steve Podborski and The Printing House, this year's shipment also includes concussion prevention information. According to Parachute Canada, between 2003 and 2013, over 100,000 youth visited emergency departments for concussion in Ontario alone. Most concussions for those aged 5 to 18 occurred while participating in sports. Understanding and preventing injuries is even more important for people in these isolated communities who live without hospitals, doctors, nurses, ambulances and sophisticated healthcare equipment like x-ray facilities.



Parachute President and CEO Steve Podborski, along with their Program Manager Stephanie Cowle, who is the lead on the concussion portfolio.

Water First Internship - Strong communities. Safe, clean water.

— by **Ami Gopal**, Director of Development, Water First - First Nations Water Solutions

It's easy to take clean drinking water for granted. We live in Canada, after all.

The reality is 20% of First Nations communities in Canada are under a boil water advisory. In Ontario, it's 40%, twice the national average. And while there are many factors that we can't control, we have a solution that is starting to make a difference: providing training at the local level so First Nations can solve drinking water challenges independently.

Through the Water First Internship, we are working with First Nations communities to train youth in clean drinking water. Youth like 24-year old Eric Vautour from Sheguiandah First Nation, who envisions a future helping other First Nations communities tackle boil water advisories. “I want to restore the faith in tap water in my own community first” says Vautour, “then travel out and restore the tap water quality in other communities.”

The current Internship program is operating on Manitoulin Island in collaboration with seven First Nations communities. After completing the internship, the First Nations interns will become certified to work within a water treatment plant and will receive support for further education and training within the water science field.

The Rotary Club of Toronto's support will be vital in helping launch the next Internship program with new First Nations communities in 2018/2019. The grant of \$2,500, will change the lives of three new interns and support their learning costs for one week each within the program.

Together, Water First and The Rotary Club of Toronto will inspire and support the next generation of First Nations individuals to become stewards of their communities' health and well being.

For more information on Water First and our Internship Program, please visit www.waterfirst.ngo.



Eric Vautour, Water First Internship Program

“I want to restore the faith in tap water in my own community first, and then travel out and restore the tap water quality in other communities.”
ERIC VAUTOUR



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