



Health and wellness: keeping your mind, body and soul connected

Statistics show us that newcomers arrive in Canada healthy and well, but over time, their physical and mental health **deteriorates** to rates below Canadian-born residents. Some of this can be explained by the stress of relocation, and some by newcomers picking up some of the bad habits we all can fall into (fast food, driving everywhere, too much multi-tasking). There are a lot of things that we can do, however, to ensure that we keep our minds, bodies and souls active, engaged and well. This issue of The Citizen looks at resources, programs and organizations in Durham that can support you as you seek to find balance in your life to ensure good health as you settle into your new community.



The summer is the best time of year to get outside. You'll find that your neighbours are outside more often. It's a great time to meet them, chat and compare notes on trees, plants and lawn care. Take the opportunity to shop for fresh vegetables and fruit at local farmer's markets. And once you've cooked up a feast, pack a picnic and head to the lake or to one of the conservation areas with family and friends for a hike or a bike ride or just to sit in the sun.

Take advantage of the programs and resources in your community as you strive to be healthy and well, whether you're newly arrived or have lived in Durham all your life.

Words in **red** throughout the newsletter are defined in the glossary on page 11.

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Supporting ingenuity: Starter Company Plus

Many newcomers to Durham start their own businesses. Entrepreneurs and small businesses in Durham can tap into a new funding program!



The Business Advisory Centre Durham (BACD) has launched a new program, Starter Company Plus (for those 18 years and older), designed to provide new entrepreneurs and existing business owners with **experiential** business training, skills development, **mentoring**, and a chance to win \$5000 in seed capital to help them start, grow or buy a small business.

The feedback from running a pilot project last year (Second Start) told us that the value was in the training program and the community of entrepreneurs working and learning together. The \$5,000 grant was **the cherry on the cake**.

The Starter Company Plus program is funded by the Ontario Ministry of Economic Development and Growth, and Ministry of Research, Innovation and Science. This program is open to residents and businesses located in the region. Entrepreneurs have to be 18 years of age or older.

BACD has created an excellent program with a blended learning approach to give entrepreneurs and business owners the skills, knowledge and tools to start or run their own business. To learn more and to apply, visit www.bacd.ca/starter-company-plus, or email pesper@bacd.ca or tshaver@bacd.ca.

Building inclusive communities: Age-Friendly Durham



In Canada, Ontario and in Durham Region, all members of the community are important, including seniors, babies, cyclists and people pushing strollers! On April 12, Durham Regional Council approved the Age-Friendly Durham Strategy and Action Plan. This document provides the foundation for a strong and vibrant community where older adults, including the LGBTQ community, and people with disabilities, remain active, enjoy better health, and are more engaged and informed.

By offering a common vision of age-friendliness, Durham has established itself as an inclusive community that values, respects and supports the well-being of all residents, regardless of age, sexual orientation or ability. To support implementation of the strategy, a Durham Council on Aging will be established to foster collaboration amongst the Region, area municipalities, local businesses, community organizations, academia and Durham residents.

The strategy is the product of a collaborative effort. More than 1,700 individuals and over 20 community organizations provided input via an extensive public consultation process. These recommendations lay the foundation for a co-ordinated approach among the Region, the eight area municipalities, and the community to plan for Durham's growing older adult population (age 55 and older). An interactive map was created to help residents locate programs and services of interest to older adults in the Durham area.

For more information, visit www.durham.ca/AgeFriendly.

Building healthy minds: Durham libraries and the TD Summer Reading Club



Canada's biggest summer reading program for kids, the TD Summer Reading Club, is celebrating Canada's 150th birthday with the theme 'Canada'!

Visit your local library to register your kids for the TD Summer Reading Club, pick up a kit with a handy reading journal, and take part in some Canadian summertime fun! The Club is geared to readers of all abilities, can be done from just about anywhere, and gives your child a feeling of accomplishment by tracking their reading progress throughout the summer.

There are also lots of free programs for children and families. Check your library's website for details.

Ride for FREE on Durham Region Transit

Durham libraries are partnering with Durham Region Transit (DRT) again this summer for the Ride to Read program. Children ages 4 to 13 (Grade 8) are eligible to receive a sticker on their library card, allowing them to ride DRT buses free of charge all summer long. Children under 10 must be accompanied by a fare-paying adult.



Did you know?

From one school year to the next, kids can lose a lot of what they have learned.

You can help your child stop that 'summer slide' in its tracks by encouraging them to participate in the TD Summer Reading Club!

Tips for Parents

- Encourage your child to read for fun
- Introduce the joy of reading early on in life
- Read together as a family
- Make use of your local library to discover the many ways libraries can enrich your child's life

Sign up for the TD Summer Reading Club!

Together, we'll explore new ideas, new characters, new landscapes and one another!



Supporting creative community: Social Enterprise Accelerator

Social Enterprises are businesses that exist to do good, to make a positive impact by doing business. Entrepreneurs who found social enterprise businesses face unique challenges to business growth and **viability**.

Community Innovation Lab (Community iLab) is a non-profit in Oshawa that provides business supports, training and advice to start-ups and growth-focused entrepreneurs. They offer specialized programs for businesses that are youth-led, women-led, as well as social enterprises.



Recently, 25 social enterprise entrepreneurs from Durham Region and the GTA participated in an exciting five-month Social Enterprise Accelerator (SEA) that included workshops, coaching, field visits to social enterprises in Toronto and a business pitch finale.

"The team at the Community Innovation Lab offered great support and opened avenues for learning and growth...a well-rounded program for social enterprises," says SEA participant Regnard Raquedan, Co-founder of CubbySpot, a mobile platform that connects parents and daycares.

SEA participants received Ontario Social Impact Training Vouchers (OSIV), a province-wide initiative that connects participants with approved training providers.

"We are extremely proud to partner with the Ontario Centres of Excellence to provide this enabling environment for enterprises to better impact communities in social, environmental and economic sectors," Pramilla Ramdahani, CEO at Community iLab.

This program could be for you. For information, visit www.communityilab.ca or call 905-72-IDEAS.

Charter of Rights and Freedoms: a promise of safety, security and finding home

Canada is celebrating 35 years of The Charter of Rights and Freedoms. The Charter is the basis of fundamental laws and protections in Canada and is a critical component of the Constitution of Canada. Everyone in Canada is protected under the Charter. Specifically,

Everyone has the following fundamental freedoms:

- (a) freedom of conscience and religion;
- (b) freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication;
- (c) freedom of peaceful assembly; and
- (d) freedom of association.

We each have a duty to uphold and protect these freedoms.



Building healthy newcomer communities: Durham Welcome Centres highlight health information

Did you know?

- That there are 10 teaspoons of sugar in a can of pop?
- That your brain needs exercise, such as doing puzzles, to boost your memory?
- That Durham Region has more than 85 kilometres of hiking and biking paths?
- That Canada's only National Urban Park (Rouge) includes part of Durham Region?



These are some of the significant teachings that more than 120 newcomers learned about at a Health Information Fair that was held at the Ajax Welcome Centre. The theme of this event was centred on the many facets of staying healthy - from physical needs and staying active, mental health and wellness, personal safety and healthy relationships. The AIDS Committee of Durham Region, along with other local health, recreation and community service providers, co-facilitated a day-long series of workshops, information sessions and interactive activities for adults, youth and children.

A newcomer participant remarked, "I really know a lot more about what to eat and what is good for us. The topics were very interesting."

Welcome Centre Immigrant Services in Ajax and Pickering will continue to offer information sessions on financial literacy, budgeting and medical and dental health in the fall. Visit www.welcomecentre.ca or call 1-877-761-115 for more information.

Welcome Centre Immigrant Services is a one-stop service designed to guide and support immigrants in Durham.

There are two Welcome Centres in Durham, in Ajax and in Pickering. In one place, newcomers receive information about language classes, health, housing, banking and so much more.



Celebrating sports: embracing cricket at the DDSB

As Canada celebrates its 150th anniversary, the globally popular sport of cricket is making a comeback! Much of Durham's recent interest in cricket has come as a direct result of immigration. As the fastest growing sport in major Canadian cities, cricket embraces Canada's present, and Durham is no exception.

Cricket in Canada actually dates back to pre-confederation as Canada's first Governor General, Lord Monck, set aside 10 acres of land for a cricket pitch at his Rideau Hall residence in 1865. Cricket has an enviable place in the history of Canada as Canada's first Prime Minister, Sir John A. MacDonald, declared cricket as Canada's national sport in 1867.



Recognizing the implications of changing demographics and how it shapes local needs and desires with respect to recreation, Durham District School Board (DDSB) partnered with the Ontario Trillium Foundation and CIMA Canada to introduce cricket coaching, equipment support and an inter-school cricket tournament at the DDSB. The program has been a huge success. Today, the DDSB has over 50 schools participating in cricket. About 100 school cricketers who excelled in cricket and community volunteer coaches were recognized at an event held at the DDSB on April 20th.

Supporting healthy families: how much exercise do you need?

There are many benefits to physical activity, such as reducing the risk for many chronic diseases and improving overall health and well-being. It is also a great way to boost positive mental health, to socialize with family and friends and improve concentration and memory so you can be your best at school or work. It is important to make being active a part of your everyday routine!

- Children 0 to 4 years old need at least 180 minutes of physical activity daily.
- Children 5 to 17 years old need at least 60 minutes of physical activity daily.
- Adults (18-65 years) and Older Adults (over 65 years) need at least 150 minutes of physical activity each week.



Here are tips to fit physical activity into your day: start by doing what you can; set a goal that suits your life and choose activities you enjoy; make a plan for these activities, deciding when, where and what you will do; and write it down on a calendar or somewhere you can see it every day.

Enjoy physical activity as a family and make it a tradition with your children! For more information, visit durham.ca/physicalactivity.

Life-long wellness: games, sports and getting crafty!

What do you remember about childhood? For many people, our childhood memories revolve around the fun of activities, playing sports, doing crafts and playing games with friends. Once we grow up, adulthood's responsibilities and schedules can often mean having to give up organized recreation and activities.

Retirement offers a brand new opportunity to get out and get involved, all while rediscovering the joy of new interests and new friends.



Want to learn how to square dance, play table tennis or join a theatre group? How about playing bridge, singing in a choir or joining a craft group? The Bowmanville Older Adult Association (BOAA) offers all of these and many other activities. Membership fees are under \$30 for the whole year and complimentary trials are offered for programs before signing up. There is always a great activity going on at the BOAA!

The BOAA is located at 26 Beech Avenue in Bowmanville (phone: 905-697-2856) and transportation is always available to and from events and programs. Why not give them a call or visit www.bowmanvilleolderadults.com to see what they have to offer? Your next adventure could happen sooner than you think! Everyone 55+ is welcome!



Advice from a newcomer: how to enjoy summer!

As a newcomer to Canada, I miss the long summer of India, and look forward to the sun-kissed and fun-filled days of summer. Here are some fun activities to plan with kids to savour the summer sun.

Around the neighborhood: the library is an excellent source of information on local birds and plant life. Kids can learn about the local **flora and fauna** while cycling, running or walking around. Parks are a great way to meet new friends, socialize and indulge in yummy picnics. Dollar stores are a treasure trove of fun activities. The kids can load up on **hula-hoops**, skipping ropes and bubble wands.

Water fun: children are happiest when they are indulging in water play. Water balloons and **splash parks** (Baycliffe Park /Petticoat Creek) can provide a welcome respite from the heat. For a more **languid** day, kids can mist themselves with sprayers.

Artistic activities: Summer is also great for letting the kids go all out artistically. Sidewalk chalks, shaving foam art, and edible playdough will keep the little fingers busy for hours on end.



One last tip, it's easy enough to get dehydrated in summer and, hence, it's essential to keep an eye out for water. I ditch the sodas, including the diet varieties, and stick to water. I fill up a pitcher of water, add sliced fruit and cucumbers and let it sit overnight. Then, I sip on it all day. So, what are you waiting for? Let's get our sunscreens, water bottles and sun hats and have the best times of our lives!

With thanks to Jiya Gupta



In pursuit of happiness: take advantage of local recreation programs



While you are getting settled into a new community, there can be very little time left for fun, but it's important! Recreation is an important and necessary part of your healthy well-being. Participating in recreation improves your mental and physical health, your social well-being and helps to build strong families and communities. Recreation also brings happiness and joy into your life!

Researchers have found that up to 40% of a person's happiness is determined by the activities they choose to do (Lyubomirsky, 2007)! In other words, recreation is a key

aspect of your life where you can take control of your pursuit of happiness!

The key to this happiness is finding a recreation activity that you enjoy. Engage your family and/or friends and make it fun. Whitby Recreation is here for you with lots to choose from. Try a zumba class, yoga in the park, hike on a trail, play in your park, stroll the waterfront, splash from the waterslide or the rope swing at the pool, try aquafit, or just walk on the treadmill. Register your child for one of our many summer camp programs where they will be active, explore nature, make new friends and have a blast with our amazing summer camp staff. You and your family can enjoy the benefits that recreation can provide and lead a happier, more fulfilling life! For more information, visit www.whitby.ca/recreation.



Supporting children's wellness: early years programs

Ontario Early Years Child and Family Centres have free programs for families with children ages zero to six years. The programs take place in communities throughout the region.

Play to Learn/Learn to Play: a program designed to encourage quality interactions between adult and child. This program is open to children from birth to six years. This is also a great time for parents and caregivers to support each other.

The Oshawa Ontario Early Years Centre (OEYC) also brings together, in one convenient location, information and referrals to children's services and programs in our community.

Registered programs provide an opportunity for adults and children to interact in an environment that enhances and promotes healthy child development. Families are encouraged to explore in a child-focused, age-appropriate environment. There are monthly registration dates for all registered programs.

To learn more about Ontario Early Years Child and Family Centres in your area, including program information and times, please visit:

- Durham Farm and Rural Family Resource: www.durhamfamilyresources.org
- YMCA Family Support and Enrichment Programs: www.ymcagta.org/child-care/family-support-programs
- YWCA Durham: www.ywcadurham.org/ontario-early-years-centre



National Aboriginal Day: celebrating Canada's Indigenous peoples



June is Aboriginal Month in Canada, with June 21 (the summer solstice) National Aboriginal Day. National Aboriginal Day is marked by celebrations from coast to coast to coast. This year the CN Tower and Niagara Falls will light up with the colours of the Medicine Wheel. There are month-long activities across Canada, including programs for newcomers at Durham's Welcome Centres to participate in. This month provides an opportunity to seek out information about the contributions of Indigenous peoples to Canada's history and to learn about the contemporary lives of First Nations, Métis and Inuit communities in Canada today.

Resources to learn more include:

- **The University of Alberta's Indigenous Canada** is a Massive Open Online Course (MOOC) that explores Indigenous histories and contemporary issues in Canada: www.ualberta.ca/courses/indigenous-canada
- **The National Centre for Truth and Reconciliation** at the University of Manitoba provides a critical archive of resources related to residential schools in Canada: www.umanitoba.ca/centres/nctr/
- **The Canadian Museum of History's First Peoples of Canada:** www.historymuseum.ca/cmhc/exhibitions/aborig/fp/fpint01e.shtml
- The Government of Canada website includes a section on **Indigenous peoples and cultures:** canada.pch.gc.ca/eng/1447170804377
- For more on National Aboriginal Day: www.aadnc-aandc.gc.ca/eng/1100100013248/1100100013249



Learning more about Canada's Aboriginal peoples through videos, reading, images and interactive online resources is great but going to a local Pow Wow is even better! Aboriginal culture is alive and vibrant in Durham. On July 15-16, 2017, the Mississaugas of Scugog Island First Nation will welcome people from all over Ontario to their 21st annual celebration. For more information, visit www.scugogfirstnation.com/Public/Pow-Wow.



Get to know your community: explore Durham's trails

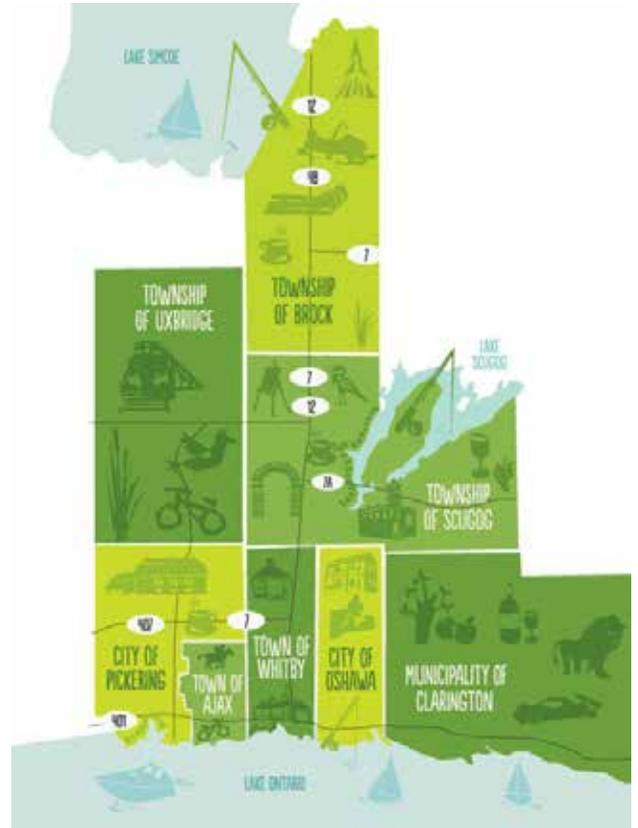
A great way to get to know your new hometown is to get outside and explore. Durham Region has more than 350 kilometres of trails and conservation areas. They are a great place to relax and enjoy the outdoors all year long.

Our trails will show you a variety of landscapes. You can explore towns, small villages, wetlands, lush forests, and Lake Ontario's beautiful waterfront.

From spring to fall you can enjoy many activities in our conservation areas and trails. You can walk, jog, cycle, in-line skate, bike ride, and even ride horses! In the winter, many of our trails have cross-country skiing routes.

Getting outdoors to exercise is great for your health. It is also a perfect way to spend time with family and friends. You can have a great time on the trails by taking a few important steps:

- Let someone know where you're going and when you plan to return.
- Carry a light backpack with your identification, healthy snacks and water.
- Drink water regularly.
- Use a sunscreen with a Sun Protection Factor (SPF) of at least 15.
- Use trails early or later in the day to avoid the sun.
- Seek shade and cover up with long-sleeved shirts, pants and hats.
- Be aware of icy surfaces and wind-chill in the winter months.
- Leave the trail just as beautiful as you found it!
- Bring all of your garbage back out with you.



Visit the Durham Trails website, www.durhamtrails.ca, or call 1-800-413-0017 for more information. Our website has a map to help you plan your route. You can also order the Durham Trails Guide through the website. The guide lists all of the trails available across the region. It also notes what is available at each trail, such as parking and washrooms.



Being your authentic self: June is Pride month

Being free to be who you truly are in terms of your sexual orientation or gender identity is a crucial part of positive mental health. In Canada, June is Pride month, a time for the **LGBTQ+** (lesbian, gay, bisexual, transgender, queer / questioning, plus) community and allies to come together to celebrate the freedom and acceptance we enjoy in Canada. Pride is also a time to raise awareness and stand in solidarity with LGBTQ+ communities in other parts of the world where many are targeted and discriminated against based on their real or perceived sexual orientation or gender identity.



If you or someone close to you is **coming out** or questioning their sexuality, PFLAG Durham offers support, advice and a community of people to talk to. For more information on the services PFLAG provides, visit www.pflagdurhamregion.com.



For LGBTQ+ newcomers and refugees, The 519 in Toronto provides specialized settlement support. They also provide a Youth Mentorship program specifically for newcomer youth (aged 14 to 19) who are Permanent Residents and Convention Refugees, residing in Canada for less than five years. For more information about The 519, visit www.the519.org.

If you see yourself as an ally, and want to ensure that your agency, organization or business is seen as a positive space, consider positive space training. OCASI (the Ontario Council of Agencies Serving Immigrants) offers free training. For more information about their program, visit www.ocasi.org/positive-spaces-initiative-psi.

Glossary

Accelerator - a program that provides support to move an idea or new product forward

Accreditation - having education, skills and experience formally recognized by a college or organization

Coming out - the process a person goes through when realizing that they are not heterosexual or when telling other people they are a member of the LGBTQ+ community

Deteriorates - when something decreases, breaks down or gets worse

Experiential - learning from doing

Flora and fauna - plants and animals

Holistic - looking at something as a whole

Hula-hoops - toys; large plastic rings that are spun quickly using a person's waist, arms or legs

Languid - relaxed

LGBTQ+ - common term for describing the lesbian, gay, bisexual, transgender and queer or questioning community - some people do not identify with these descriptions and so + is also used to include everyone who does not identify as strictly heterosexual

Mentoring - providing advice to another person who works in your field or area of expertise

Pow Wow - a community celebration hosted by First Nation or Aboriginal peoples, open to all members of the community

Seed capital - money to start a business

Splash parks - water fountains and play structures in a park

The cherry on the cake - a phrase used to describe something that is very good or beneficial over and above the main program or activity

Viability - if something is going to work



Success story: leveraging local resources to find success in Canada

"I would like to share my story with other immigrants to encourage them to keep on making efforts to realize their dreams. I believe the most important thing to me was your encouragement which was really an incentive to me."

Linli Liu arrived in Canada early in 2016. Feeling lonely and isolated at home was the biggest challenge in the first few months of being in Canada. Attending ESL classes, English Conversation Circles and Job Search Workshops not only helped to improve her English-language skills, but also helped her meet other people in the community.



Linli's career in China was in a very specialized field and so she looked for help in how to translate her experience into the Canadian job market. Linli had strong English writing skills, but felt her spoken English needed to be upgraded in order to represent herself well in an interview. As she was new to looking for work in Canada, she was also interested in knowing how to target her resume and how to find opportunities to engage with employers. She began attending the Job Search Workshop in March, 2017.

Through the JSW, Linli found companies she could approach for work. She also learned about networking and the emphasis placed by Canadian employers on networking. She had not previously thought of contacting people she knew from her home country or in other Canadian cities, but through her persistence, she found a colleague working in a law firm in Ottawa. The law firm also has an office in Toronto that was looking for a Patent Agent trainee. The colleague from back home was more than happy to forward Linli's resume to them and within two weeks, she had an interview in the local office. Linli prepared for the interview using skills she learned during JSW and after additional testing, Linli was offered a position with the firm. In her own words, "JSW gave me so much good information on how to find a job in Canada. Thank-you so much for all your professional hard work in helping us in the workshop. Words cannot express my appreciation for everything you offered me."

Staff and volunteers at the Welcome Centre not only helped Linli in very practical ways to improve her English and find a job, but they also helped her to stay positive and optimistic about her future here. Her advice to other newcomers: "To every newcomer in Canada, fake it till you make it. Please never give up on your dreams."

We look forward to hearing your stories and feedback. If you would like to subscribe or contribute to The Citizen, please contact us:

Email: diversitynewsletter@durham.ca | **Portal:** www.durhamimmigration.ca



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