

Be Alert for Ticks and Lyme Disease

Blacklegged ticks can carry Lyme disease, and while the risk of getting Lyme disease in Toronto is considered low, the risk for exposure is highest in wooded, busy areas and in tall grass where Blacklegged tick populations are established. Blacklegged ticks are not usually found on lawns, mowed grass, sports fields or paved areas.

How to avoid tick bites when doing activities in wooded or bushy areas

- Wear long pants/long sleeves and light coloured clothing so ticks are easy to spot.
- Apply insect repellent containing DEET or icaridin.
- Check your full body and head for ticks; remove them as soon as possible.
- Remember to check children and pets.

- Shower once you get home to remove ticks before they become attached.

Removing a tick

- Using tweezers, grab the tick as close to your skin as possible. Pull it away gently but firmly.
- If tweezers are not available, ticks can be removed using fingers, being careful not to crush the tick.
- Do not squeeze or try to burn it off.



You can submit a photo of the tick at <https://www.etick.ca/> and receive species identification results within 48 hours.

Seeing your doctor

Effective antibiotics are available to treat and prevent Lyme disease if they are given in a timely fashion. Untreated Lyme disease can affect the central nervous system, brain, joints or heart.

The risk of infection increases with the time a tick is attached to a person (usually for 24 hours or more). Your doctor may prescribe an antibiotic to prevent Lyme disease, which must be taken within 72 hours of removing the tick.

If you develop symptoms of Lyme disease, see your doctor promptly. Symptoms of Lyme Disease usually begin three days to four weeks after a bite, and may include: fever and chills, fatigue, headache, stiff neck, muscle/joint pains, or circular rash (known as a bull's eye rash).

Adopted from: Toronto Public Health, June 2019.

SAVE THE DATE!

Annual General Meeting & Community Day

Saturday, September 14, 2019

11:00 a.m. to 4:00 p.m.

Rexdale Community Hub

21 Panorama Court

Food, Fun, Health Fair and more



Rexdale CHC Launches French Language Programs

Physical activity is cost-effective in reducing heart disease, stroke, colorectal and breast cancers, and Type 2 diabetes, according to a study by the Centers for Disease Control and Prevention. Researchers found that community-based physical activity programs appeared to reduce new cases of disease for colon cancer; breast cancer; Type 2 diabetes, and heart disease. To this end, Rexdale is promoting physical activity for newcomer Francophones.

Strategies:

- Social support networks such as exercise groups to encourage behavior change at the Rexdale Hub Wellness room once a week
- Evaluate lifestyle change to encourage participant to set physical activity goals and monitor their personal progress.

Canadian Physical Activity Guidelines Recommendations

- To achieve health benefit, adults aged 18 – 64 years should accumulate at least 150 minutes of moderate – to vigorous –intensity aerobic physical activity per week, in bouts of 10 minutes.

- It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

Program Information:

Mobility and Endurance – For Chronic Disease and Prevention / Mindfulness, Stress Reduction and Coping Skills Group

Day: FRIDAY with Possibility to move to SATURDAY

Time: 3pm-5pm

Location: 15 – 21 Panorama Court ,REXDALE HUB , Wellness Room (2nd Floor)

Starting Date: July 12, 2019



This program is tremendous for residents who are seeking to move better, with a focus on improving chronic disease management or preventing onset. Participants will improve joint mobility, relieve muscle tension, manage and/or prevent pain and injury. This class integrates a structured dynamic warm up, mobility drills using body weight, as well as static

stretching. A meditation/relaxation component and light cardio exercises are also incorporated. At the end of the program, participants will learn safe and proper exercise techniques that can be used towards achieving their personal exercise goals. Water breaks are encouraged after every circuit. Please bring a water bottle. Instructor will provide modifications for exercises if needed.

Through education and training, participants will be able to learn ways to better manage their conditions physically, psychologically and socially, with less stress, more internal control and joy.

For information about the program, call Pascal at 416-477-0066 Extension 4268 or pascal.lumbala@rexdalechc.com

SAVE THE DATE! **Rexdale Food Fest**

Friday, September 28, 2019
Albion Library
1515 Albion Road
4:00 PM to 8:00 PM



Programmes d'Activité Physique Communautaire de Rexdale

Selon une étude des Centre de la prévention et de la gestion des maladies chroniques, les interventions en matière d'activité physique sont rentables pour réduire les cardiopathies, les accidents vasculaires cérébraux, les cancers colorectaux et mammaires et le diabète de type 2. À cette fin, Rexdale fait la promotion de l'activité physique chez les nouveaux arrivants francophones.

Les chercheurs ont découvert que les programmes d'activité physique communautaires semblaient réduire le nombre de nouveaux cas de cancer du côlon; cancer du sein; Diabète de type 2 et maladie cardiaque.

Stratégies:

- Réseaux de soutien social tels que des groupes d'exercices pour encourager le changement de comportement dans la salle du centre de bien-être du Rexdale Hub une fois par semaine
- Évaluez le changement de mode de vie pour encourager les participants à se fixer des objectifs d'activité physique et à suivre leurs progrès personnels

Lignes directrices selon l'association Canadienne de l'activité physique

- Pour obtenir des bienfaits pour la santé, les adultes âgés de 18 à 64 ans doivent être au moins 150 minutes d'activité physique aérobique d'intensité

modérée par semaine, par tranches de 10 minutes.

- Il est également avantageux d'ajouter des activités de renforcement des muscles et en utilisant les principaux groupes musculaires, au moins 2 jours par semaine.

Informations sur le programme:

Mobilité et endurance - Pour les maladies chroniques et la prévention / Groupe de la pleine conscience, réduction du stress et habiletés d'adaptation

Jour: VENDREDI avec possibilité de faire aussi le SAMEDI

Heure: 15h-17h

Lieu: 15 - 21 Panorama Court, REXDALE HUB, salle de bien-être (2e étage)

Date de début: 12 juillet 2019

Ce programme est formidable pour les résidents qui cherchent simplement à bouger mieux en mettant l'accent sur l'amélioration de la gestion des maladies chroniques ou la prévention de leur apparition. Les participants amélioreront la mobilité articulaire, soulageront les tensions musculaires, géreront et / ou préviendront la douleur et les blessures. Cette classe intègre un échauffement dynamique structuré, des exercices de mobilité utilisant le poids corporel, ainsi que des étirements statiques.

Un volet méditation / relaxation et des exercices cardio légers sont également intégrés. À la fin du programme, les participants

apprendront des techniques d'exercice sûres et appropriées pouvant être utilisées pour atteindre leurs objectifs personnels en matière d'exercice. Les coupures d'eau sont encouragées après chaque circuit. S'il vous plaît apporter une bouteille d'eau. L'instructeur fournira des modifications pour les exercices si nécessaires.

Grâce à l'éducation et à la formation, les participants seront en mesure d'apprendre des moyens de mieux gérer leurs conditions physiques, psychologiques et sociales, avec moins de stress, plus de contrôle interne et de joie.

Pour plus d'informations sur le programme, appelez Pascal au 416-477-0066, poste 4268 ou à pascal.lumbala@rexdalechc.com

RÉSERVE CES DATES!

Rexdale Food Fest

Vendredi 28 septembre 2019

Bibliothèque d'Albion

1515, chemin Albion

16h00. à 20h00



Assemblée générale annuelle et journée communautaire

Samedi 14 septembre 2019

De 11h00 à 16h00

Centre communautaire de Rexdale, 21 Panorama Court Food, Fun, Health Fair et plus encore!

Pathways Program - New Engagement Innovation

Pathways staff established the Boys Club to re-engage disengaged male students by providing them with different workshops every week. Through a community facilitator and open discussions, we provided a safe, dynamic, interactive, collaborative, judgment-free learning environment that allowed participants to have lively, engaged and open discussions on relevant topics, supported by peers and staff.

Through a survey done prior to the workshop, participants identified issues they wanted the workshops to address. The students were able to:

- Share knowledge to gain awareness and skills from each other
- Engage in team-centred activities and exercises that included problem-solving skills
- Watch videos and participate in debates.

Over the course of 12 weeks, the students developed a rapport with each other and were able to discuss real life experiences. The various topics, such as age of consent, the Criminal Code and No Means No, brought the group alive through positive dialogue and challenging content and led to greater understanding for all. The group's discussion on the "Myths and Realities of Gang Involvement" was

particularly engaging. They were very interested in the facts of the law and compared them to their own understanding of the issues.

Various group dynamics emerged and the students developed and used excellent communication and problem-solving skills. They were able to discuss different approaches to the same topic, listened and learned from their peers' different perspectives.

The workshops were highly attended, with an average of 24 boys and as many as 30 most weeks. In each workshop, participants enjoyed competition as they engaged and challenged each other on various topics. They were attentive and brought open minds to each discussion, responding with interest, honesty and curiosity. Each week the energy and cohesiveness of the group grew noticeably closer.

The feedback received from the students showed a high-level of satisfaction with the workshops, as evidenced by the steady increase in the number of students regardless of the weather conditions.

Pathways male staff showed as much enthusiasm and dedication as the students. They were the architects and executors of this innovative engagement activity. Participants and organizers agreed to continue this engagement innovation in the next school year.

summerlunch+

Our objective at summerlunch+ is to ensure children and youth get the most out of their camp experience, by providing healthy, cooked-from-scratch meals every day in seven Toronto neighbourhoods. This is our first year working with the Rexdale Hub and the many camps who are supported through its amazing space.

We began our summer working with the Delta Camp. It was delightful to see smiles on children's faces when we arrived with lunch. Each day we served something new. Occasionally it was a little tough to convince the kids to try it. We persevered and had a lot of success.

"Today we introduced tuna to our Delta campers by making delicious Tex-Mex tuna sandwiches. I noticed one boy, Mickey, wasn't touching his lunch so I went to talk with him. I sat with Mickey for a while yet nothing I said made him change his mind. He said he hates tuna and would not eat his sandwich. I went to talk to other kids and a little while later Mickey ran up to me to tell me that he tried the tuna sandwich and that he now loves tuna. Mickey was so excited he said he couldn't wait to go home to tell his mom how much he likes tuna."

Our staff love working with the camps in Rexdale. We bake fresh bread every

day and try to make meals that are super healthy and also delicious. So far the kids have enjoyed lasagna, veggie mac & cheese, chicken vegetable soup, grilled veggie sandwiches, Wow butter and fruit sandwiches, banana bread, muffins, cookies and more fruit than you can imagine!

Please come and visit us in the kitchen at the Rexdale Hub. We welcome your recipes and are happy to share ours.

For more information on the summerlunch+ program, please check out our website at www.summerlunchplus.com.