

**Dorset Park
Neighborhood
Association**

416-292-6912
dorsetparkna@gmail.com

DORSET PARK

COMMUNITY NEWSLETTER

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Jane's Walk

SAVE THE DATE: SATURDAY MAY 03

The Dorset Park Discovery Walks are back as part of this year's Jane's Walk festival in the city.

Save Saturday May 03 at 12:30pm in your calendars to join an informal, leisurely walk where you can meet new neighbours and talk about your community along the way. A flyer and more information is coming soon and will be posted on www.dorsetpark.com

WHAT IS JANE'S WALK?

Inspired by Jane Jacobs, a Jane's Walk is an urban walking tour led by residents like you. With different walks happening all across Toronto and Scarborough, it is a chance for people to get out on their local sidewalks and parks to discuss what makes their neighbourhood work.

ARE YOU IN HIGH SCHOOL AND LOOKING FOR VOLUNTEER HOURS?

All students who help plan and support a successful Jane's Walk in Dorset Park will be able to have their time counted as volunteer hours. Please email bryan.heal@gmail.com for more information on how to get involved and complete your hours this May!



It is time to put on your walking shoes

Join your community for the sixth annual
Dorset Park Discovery Walk

Do You:

- Enjoy walking?
- Enjoy meeting new people?
- Have something interesting to say about your neighbourhood?
- Want to help volunteer for a fun, informal community event?

DATE/TIME
Saturday May 3, 2014
Meet 12:00PM
Walk Starts 12:30PM

START LOCATION
McGregor Community Centre
2219 Lawrence Ave E
(Near Youth Lounge entrance)

SPECIAL DETAILS
If raining or you arrive late,
contact Bryan for updates:
Phone: 416-625-6848
Email: bryan.heal@gmail.com

For more information, please visit www.dorsetpark.com or follow @dorsetpark on Twitter



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Canadian National Institute for the Blind (CNIB)

The CNIB Low Vision Clinic at Dorset Park Hub services Scarborough residents living with vision loss. The Low Vision Specialist will conduct Low Vision Assessments that provide information to clients and their families, training in the use of low vision optical devices and non-optical aids, and instruction on how to maximize residual vision. The goal is to promote independence and the service is available to individuals ages 6 and up. Assessments are by appointment only. Eye Doctors usually refer their patients to CNIB but individuals can also the request service by calling the CNIB National Helpline at **1 800 563-2642**.

Thanks to Roxanne Hazell-Blackman

Dorset Park Residents and Service Providers deputed at the March 17th Community Development and Recreation Committee meeting at Toronto City Hall

After being trained by Israt Ahmed from the Social planning council on how to make effective deputations. Dorset park residents; Abeer Ali, Shua Amari and Suganthine Sivakumar all travelled to City Hall to make their very first deputation. Donna Bernotas sent a written deputation by email.

The residents felt good about deputing, however they felt it was just a part of the process and the decision had already been made. The purpose of the deputation was for them to voice their opinion on keeping investment in the community that had been made previously, keeping funding flowing to the community, and keeping city staff and their connection with the city and much more.

"City staff have recommended that Toronto expand the number of priority neighbourhoods — a program begun eight years ago after a particularly violent summer — from 23 to 31.

The latest iteration of the plan, which refers to these communities as Neighbourhood Improvement Areas, is a rethinking of the original model.

The original model defined areas in need essentially on their proximity to services, and their homicide rate. Now, need is defined based on a set of 15 specific indicators.

Each of Toronto's 140 neighbourhoods were assessed using those criteria. A benchmark was set in each category — including factors such as unemployment, post-secondary education, the rate of diabetes and voter turnout — and tabulated together to reach a score of 100. Any neighbourhood that fell below 42.89 became an NIA.

Dorset Park, which scored less than three points above the line, is one of the previous priority areas that no longer qualify. Abeer Ali, a member of the local neighbourhood association, took issue with some of the criteria.

"One of the indicators is healthy food stores. What is a healthy food store to you? Is it Metro or organic food stores? For your information, I can't afford any of them," Ali said." (Quoted from The Toronto Star story by Robyn Doolittle on March 17, 2014)

Thanks to Abeer , Suagnthine and Shua

Dorset Park Community Hub

The Dorset Park Community Hub is a one stop shop where community members can access a variety of programs services from resume help to settlement support to a food bank. Our newest program is a senior's yoga class that runs on Wednesday's from 1:30-2:30pm (women only) and Friday from 9:00-10:00am (co-ed). We also welcome community members to come in and start programs of their own. Some examples of this are a sewing class that runs every Wednesday from 10 to 12pm and a Canlish Girls group that cooks together every Friday after school. We are located at 1911 Kennedy Road, Unit 105 and are open Monday to Friday from 9am to 6pm. Please stop by to learn more.

Thanks to Laura Harper

Summer Day Camps @ Scarborough Citadel 2021 Lawrence Ave E.

Sports Camp #1 (ages 7-13)

- Floor hockey, basketball, soccer, playground/splash pad
- \$25 per child
- June 30 – July 4, 9:00 – 3:30
- Bring your own lunch, snacks provided

Sports Camp #2 (ages 7-13)

- Floor hockey, basketball, soccer, playground/splash pad
- \$25 per child
- July 7 - 11, 9:00 – 3:30
- Bring your own lunch, snacks provided

“Camp at Home” (Vacation Bible School for ages 6-12)

- Group games, crafts, baking, bible lessons, singing
- \$50 for 1st child - \$25 for sibling at same address
- August 11 - 15, 9:00 – 3:30
- 1 half day and 1 full day trip included
- Bring your own lunch, snacks provided
- Performing Arts Camp (ages 5-12)

Singing, drama, art, dance, percussion

- \$25 per child
- August 18-22, mornings 9:00 – 12:00
- Child must be available to perform on Friday evening
- Snacks provided

To register for any of the above camps, payment and completed registration form must be delivered to the office at Scarborough Citadel. For information, call 416-759-1721 ext 2

(Please note: Snacks are NOT non-allergenic)

Thanks Donald Halsey



You can now engage, follow and share your flyers and event information through **@dorsetpark** on Twitter!

Three neighbours came together to start a @dorsetpark Twitter account to help connect more residents online, and to post updates about the community, civics, opportunities and events of interest to residents, businesses and service providers in @dorsetpark.

To further make this a community account, we are inviting YOU to submit any tweets, flyers, program or event information you want @dorsetpark to post. **EVERY FRIDAY** we will review everything received, and then schedule tweets for posting on any day and time you want.

IF YOU HAVE AN UPDATE TO SHARE

1. Email the information you want tweeted to: natasha.majumdar@gmail.com
2. In your email, include the link or flyer you want to share and a one sentence description about it.
3. Tell us the date and time you want the tweet to be posted.
4. Every Friday, we will collect all submissions and schedule them for your date and time.

Thanks to Natasha Majumdar

Young Parent Hub

The Young Parent Hub is a service provided by Rosalie Hall for youth up to 25 years of age that are pregnant and/or parenting. This service is provided on two days, every Monday and every Thursday from 4:30pm-6:30pm.

Monday's program includes a Fathers Group (Just Dads) for young men with children ages 0-6, looking for resources about fatherhood, family, employment, life with child and/or partner etc. The first group started on February 10th 2014. The Growing Healthy Together Prenatal Nutrition Program and Living and Learning with Baby are also Monday nights at Rosalie Hall.

Thursday's program, Parents V.I.B.E (Vision Inspired By Each other) is for anyone who is pregnant and/or parenting. This group is not just for women, men who are fathers or expectant fathers can attend as well. Parents V.I.B.E offer groups on various healthy living topics and fun activities along with a light dinner.

Both programs are held at Rosalie Hall 3020 Lawrence Avenue East from 4:30pm-6:30pm. For further information please contact Emelda Hodiwala, Community Counsellor @ 416-438-6880 ext 225

Thanks to Emelda Hodiwala

Hangout @ THE HUB
 Life Skills + Games
 Volunteer Hours
 Cooking Contests

WHO'S AWESOME?
You're awesome!

Who - YOUth!
When - Tuesdays 4pm-6pm (Starting March 18th)
Where - Dorset Park Community Hub
 1911 Kennedy Rd
 Rdari@rosaliehall.com 647-525-5399

TORONTO ROSALIE HALL
 A YOUNG PARENT RESOURCE CENTRE
acsa
 ASSOCIATION OF COMMUNITY SOCIAL AGENTS

Young Parent Hub
Parent Vibe (Vision Inspired by Each other)

The Young Parent Hub is a service provided by Rosalie Hall for youth that are pregnant and/or parenting. Parent Vibe provides groups and activities every Thursday at Rosalie Hall from 4:30pm-6:30pm. Topics will reflect health and wellness, nutrition, employment, and other workshops requested by youth.

❖ Pregnant or Parenting up to age 25 with child(ren) ages 0-6
 ❖ Rosalie Hall - 3020 Lawrence Avenue East
 ❖ Every Thursday 4:30pm-6:30pm
 ❖ TTC Tokens and light snack
 ❖ Contact: Emelda Hodiwala, Community Counsellor @ 416-438-6880 ext 225

ROSALIE HALL
 A YOUNG PARENT RESOURCE CENTRE

Young Parent Hub
Just Dads

If you are a young father looking for resources about family, employment, life with your child and/or partner etc, then join us at Just Dads.

Family Baby Partner

WHY NOT TODAY!!!

- > Fathers up to age 25 with child(ren) ages 0-6
- > Rosalie Hall - 3020 Lawrence Avenue East
- > Every Monday 4:30pm-6:30pm
- > TTC tokens and light snack
- > Contact: Emelda Hodiwala, Community Counsellor @ 416-438-6880 ext 225

YOU CAN MAKE A DIFFERENCE! **Toronto workone**
Open to all who want to work

Choose a career with
THE TORONTO POLICE SERVICE OR
ONTARIO PROVINCIAL POLICE

Attend a recruitment information session to find out more!

APRIL 8 10 am-12 pm
 700 Lawrence Ave West (The Career Foundation)

APRIL 23 6-8 pm
 40 College Street (Toronto Police Headquarters)

APRIL 28 2-4 pm
 150 Borough Drive (Scarborough Civic Centre, Council Chambers)

MAY 15 6-8 pm
 21 Panarama Court (Rexdale Hub)

MAY 20 6-8 pm
 70 Bimingham Street (Toronto Police College, Auditorium)

MAY 28 2-4 pm
 1880 Eglinton Ave East (Golden Mile Employment & Social Services)

To register please visit toronto.ca/ecportal or call 416-397-5627 for more information.

Find us on Facebook **OPFCareers** **IFSRcruiting** **Toronto Employment & Social Services**

Follow us on Twitter **@OPF_Hire** **@IFSEmployment** **@TorontoESS**

To learn more about our recruitment events visit toronto.ca/workone

Toronto **OPF** **IFSE**

Safety

Safety continues to be a priority in our neighbourhood. There have been numerous meetings, workshops and presentation by Toronto Police and other safety service providers., including councilors office, The City of Toronto's transportation department and more.

There is still a lot of work to be done in terms of criminal activities in our neighbourhood and especially pedestrian safety.

-the existing placement of the yield to pedestrian/cyclist signs is still inadequate to address the numbers of cars speeding up and down Kennedy Road and turning out of and into Kennedy Commons Mall.

-if additional signs were placed on the other side of the poles on Antrim and the access pole in the Mall entrance

across the street it could give the pedestrian something to point to when they see drivers trying to beat the pedestrian through the pedestrian walkway.

Thanks to Sandra Low

Prevent Falls in Older Adults

Tips:

- Maintain adequate lighting
- Remove/secure obstacles (loose carpets, cords & clutter)
- Take time on stairs; hold handrails
- Install grab bars & non slip bath mats in tub/shower
- Use assistive devices, as instructed (cane, walker)
- Watch for pets, underfoot
- Avoid long robes, trousers, wear safe and proper shoes
- Consider personal alarm/'buddy system' & have phone within reach

Eyesight & Hearing:

- Check vision (1-2 years) and hearing, regularly
- See Doctor if you experience flashes of light, watery eyes, changes in judging depth, blurred vision or difficulty hearing
- Wear glasses/hearing aids, as prescribed. Clean glasses daily. Remove reading glasses when walking

Physical activity improves balance, strength, flexibility, endurance:

- Improves mood, energy, self-esteem & sleep
- Helps maintain healthy weight
- Keeps muscles, bones & joints strong
- Be moderate-vigorously active - 2 ½ hours/week

Eat healthy:

- Drink 6-8 cups (8 oz.) of fluids daily (at least half water), unless otherwise directed
- Eat foods from 4 food groups: vegetables & fruit, grain products, milk & alternatives, meat & alternatives: Canada's Food Guide provides servings based on age and gender

Medications are a frequent cause of falls. As we age, medications are broken down more slowly by the kidneys & liver. Review all prescribed medications/vitamins with your pharmacist. Vitamin D needs increase after age 50. Know the name, purpose, side effects, interactions with other medications & how long meds need to be taken/if a re-fill is needed

Thanks to Randa Bronte-Tinkew

Dorset Park Neighbourhood Association

Vision:

We dream of a safe Dorset Park where people know their neighbours, take pride over their community and are able to access programming.

Priority Areas:

1. Communications

2. Increasing accessibility to affordable programming and services for all age groups and backgrounds.

3. Safety

4. Food Security/Beautification

If you would like to get involved, please call 416-292-6912 or email us at dorsetparkna@gmail.com.

www.DorsetPark.com

Everything about the Community



Call for Submissions

The Dorset Park Community Newsletter is calling for submissions focusing on safety, programming, food security, beautification and or other topics of interest to the Dorset Park community. Please email your submission to

gmsan@agincourtcommunityservices.com

DorsetPark.com

416-292-6912 ext 316

Dorset Park Day is on Saturday June 14, 2014 ,
12-4pm @ Mc Gregor Community Centre



Supported by

