

Rainbow Connection

India Rainbow Community Services of Peel

Spring 2014

You don't stop laughing when you grow old, you grow old when you stop laughing ~ George Bernard Shaw

Important
DATE!

Mark your Calendars!

Annual General Meeting

Date: Thursday, June 19th 2014. Time: 6:00PM

Location: 245 Queen Street East, Unit 2
Brampton L6W 2B5
(Queen and Kennedy)

Please RSVP by June 9th, 2014 by calling the office at
905-275-2369 or email: pwalli@indiarainbow.org

We look forward to seeing you there!



Happy Birthday to a Centenarian!!

It is not very often that one gets to partake in a 104th Birthday celebrations!!

India Rainbow's Adult Day Program celebrated Sant Girn's 104th birthday on April 15th, with family and friends. She has been an active participant of our Day Program since 2012 and loves singing folk songs, dancing in her chair to traditional music and knitting. The party was organized by staff of the Adult Day Program, and included a slide show of Sant with her family, and cutting of the birthday cake. Gurpreet Malhotra, Executive Director, presented Sant with the certificate sent by Prime Minister Stephen Harper with greetings on her birthday.

Born on April 15th 1910 in Punjab, India, Sant came to Canada in 1980 and became a Canadian citizen in 1990. She is a strict vegetarian, and a very religious person. Sant was married at the age of 16 and has raised 3 sons. She has 9 grandchildren, 11 great grandchildren and one great, great grandchild.

According to her youngest son, Harjit S. Girn, longevity runs in her family. Sant's father lived to be 110, and her three siblings lived to be over 100 years. Sant attends the Day Program, from 9:00 A.M. till 3:30 P.M. Sant does light exercises, and other activities planned specifically for her. Harjit took early retirement and became a caregiver to his mother. But now that she is enrolled in the Day Program, he has found some respite and appreciates the love and care that his mother receives during the day. Congratulations to Sant on a very special day!

Thank you to all the staff for making this a truly memorable celebration!



Sant Girn cutting her birthday cake surrounded by her family



The Opening Ceremony parade!

Winter Olympics - Indoor Games Championship

On February 28th, 2014 the Winter Olympic spirit was brought to the Adult Day Program participants at 415 Matheson Blvd., where staff organized the Indoor Games Championship. Participants competed in exciting games such as Ludo, Scrabble, Coloring, Word Search, Carrom, Basketball, Target Toss and Darts. The highlight of the games was the 'Opening Ceremony' and passing of the torch, indicating the significance of friendship and binding relationship amongst the participants. The games concluded with the 'Winners Award Ceremony' at which all participants were presented with 'Participation Badges' and the winners of each game were presented

with certificates. The award ceremony was hosted by Gurpreet Malhotra, Executive Director, where he congratulated and acknowledged the participant's many talents and thanked the staff for organizing this event to coincide with the Sochi Winter Olympics.

Snow-shoeing at Terra Cotta Conservation Area

In February this year, our LINC students went on a winter adventure trip to Terra Cotta Conservation Area. All of them got an opportunity to try snow-shoeing which was something no one had done before. For many, it was their first winter, and this awesome adventure was as unique an experience as the long severe winter itself. The trip was sponsored by Credit Valley Conservation (CVC). Our learners first got an educational session on the history of snow shoeing, the different kinds of snow shoes used in other parts of the country and, also learnt how the natives travelled and lived during the long harsh winters. Thank you CVC for this unforgettable experience.



CVC staff (left) explaining snowshoeing techniques

Information sessions on Registered Disability Savings Plan

India Rainbow recently hosted two information sessions on Registered Disability Support Plan (RDSP). Detailed information about the application process, the requirement to apply for the Disability Tax Credit (DTC), other eligibility criteria, and the steps needed to complete an application were explained. The presenter also clarified the difference between a Bond and a Grant and how to optimize tax savings depending on individual's health condition and other circumstances.

Interpretation was provided in Punjabi, Hind/Urdu and Arabic for those clients who needed more detailed information. A total of 48 participants attended these sessions between our Mississauga and Brampton locations.



RDSP session in progress

India Rainbow at Carassauga this year

Mississauga's largest festival of cultures - Carassauga - is a melting pot of diverse cultures enriching the lives of the city's residents. This year, IRCS will be present during the festival days on May 23, 24 and 25th at the Hershey Centre. We will be sharing the information booth with 3 other organizations in order to connect with the larger community and inform them about the programs and services we offer.

India Rainbow will be selling the Advance Festival Passports from the head office location for \$10 each. The cost for passports at the door is \$12. The passport allows a holder unlimited entries to all the 30 pavilions at 13 different locations throughout the city during the festival, and also get free rides on MiWay transit during festival hours.

If you wish to buy the passports, please call the office at 905-275-2369. See you at Carassauga!



PM Stephen Harper

Canada’s proposed Victim’s Bill of Rights

On April 3rd India Rainbow Community Services was among a small group of community agencies that was invited to join with representatives from across the country to be part of the unveiling of Canada's proposed Victim's Bill of Rights. This special event took place at the City of Mississauga's Centre for Active Aging and the announcement was made by Prime Minister Stephen Harper.

Earlier that week, the Minister of Justice, Peter Mackay, met with agencies in Peel who have been working together to develop a Child and Youth Advocacy Centre. Staff at IRCS will continue to support the development of such a centre that aims to support our community's young people through the justice system when the need arises. With all this high profile attention and support of this important work our partner agencies feel confident that good progress is being made.

Volunteer Appreciation Night 2014

“Nobody can do everything, but everyone can do something” said Mrs. Harbans Girn on the occasion of India Rainbow’s Annual Volunteer Appreciation Night held on Wednesday, April 9th. Harbans and her husband Awtar Girn, have been volunteering with India Rainbow for the past 5 years, assisting frail-elderly/cognitively impaired seniors who have long-term illness and/or disabilities.



Volunteers, Board members and staff at the event

In his opening remarks at the well attended event, Gurpreet Malhotra, Executive Director, thanked and acknowledged the many volunteers and Board members for their untiring efforts and for giving of their time and energy to ensure the smooth operation of the organization and of its many programs and services. “In the past year, we received 335 requests for volunteering, out of which 305 individuals were interviewed, and 291 were placed in different programs”, said Sweetie Khanija, Volunteer Coordinator. Each volunteer was presented with a ‘Volunteer Recognition Certificate’. Members of the volunteer Board of Directors and the Policy Advisory Committee of India Rainbow were also acknowledged.

Mr. Kuldip Singh Gollee, Constituency Assistant from the office of Kyle Seeback, M.P. Brampton West, acknowledged the fine work being done by the organization in the community and presented the agency with a congratulatory certificate recognizing the excellent work being done by India Rainbow. In closing, Kiran Rehan, Senior Manager, Senior Services thanked all the volunteers, Board and Policy Advisory Committee members for their valuable support and contribution.

Tai Chi Qigong

The word Qigong is made up of two distinct components of knowledge. Qi is the Chinese word for ‘life energy’. It refers to vitality, energy and the universal life force. Gong means ‘work’ or ‘benefits acquired through perseverance and practice’. Thus, Qigong means working with the life energy, learning how to control the flow and distribution of Qi to improve the health and harmony of mind and body. It is a holistic system of self-healing developed approximately 7000 years ago in China. Qigong works to strengthen and heal the physical body, detoxifying and rejuvenating our internal organs, and nourishing the joints, tendons and ligaments. The unique feature of this practice is that it also strengthens the mind, balances the emotions, and boosts overall energy level. One could describe Qigong as a complete connection between mind, body, and spirit.

Irene Kablash, our LINC Instructor, who is also a certified practitioner and instructor, recently volunteered to teach Tai Chi Qigong classes to India Rainbow’s registered clients for a nominal donation which goes towards the Women’s program. The classes are offered once a week, and the clients benefit from Irene’s experience as an Intuitive Spiritual Counsellor and Emotion Code Certified Practitioner. Thank you Irene for taking this initiative.

Healthy Recipe Veggie Quinoa Burgers



Ingredients: ½ cup quinoa ■ 1 cup water ■ 2 tsps. olive oil ■ 4 carrots, peeled and minced ■ 2 stalks celery, minced ■ ½ red bell pepper, minced ■ 4 cloves garlic, minced ■ 2 tbsp. fresh ginger root, minced ■ 2 cups mushrooms, minced ■ 1 (19 ounce) can of kidney beans, rinsed and drained ■ ½ bunch fresh dill, chopped ■ 2 cups fresh spinach, chopped ■ 1 egg (optional) ■ ½ cup dry bread crumbs ■ 2 tbsp. sesame oil ■ 4 slices shredded mozzarella cheese ■ salt and ground black pepper to taste ■ 2 tbsp. finely chopped cilantro ■ a pinch of red chilli powder (optional) ■ 1 tbsp. olive oil

Method: Preheat and oil an outdoor grill. Combine quinoa and water in a saucepan and bring to a boil. Reduce heat, place lid on saucepan, and cook until water is completely absorbed. Set aside to cool. Heat 2 tsps. olive oil in a skillet over medium-high heat. Cook and stir carrots, celery, red bell pepper, onion, garlic, ginger, and mushrooms in the hot oil until softened, set aside to cool. Mash kidney beans with a fork in a large bowl, add quinoa and the carrot mixture and mix. Mix dill, spinach, egg, bread crumbs, sesame oil, mozzarella cheese, salt, cilantro, red chilli powder if using, and black pepper into the kidney bean mixture. Shape into 8 patties. Brush olive oil evenly on both sides of each patty. Grill on preheated grill until hot in the center, 7 to 8 minutes per side. Serve in between burger buns with lettuce, tomatoes and onions or enjoy it separately with your favorite dip or sauce.

Membership Corner

Welcome new members

- Anita Singh
- Mr. & Mrs. Suresh Sharma
- Manbir & Poonam Arora
- Mr. & Mrs. Venu Narayanan
- Jacqueline Fernandes
- Joseph Rodrigues
- Mohan & Selvaranjini Karunarajah
- Adesh & Arpana Vora
- Mr. & Mrs. Hemant Mantrawadi
- Sanjiv & Kulwinder Purba
- Ashok Banerjee
- Sonia Rashid
- Sumit Ahuja
- Vijay Verma
- Ranbir & Kiran Kohli
- Brij Chadda

New membership applications and renewal can now be done online at www.indiarainbow.org. Also, membership dues can be paid online through Paypal.



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The newsletter 'Rainbow Connection', is a periodical publication of India Rainbow Community Services of Peel. We invite readers to submit community announcements, articles of community interest and letters for publication.

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 A United Way Funded Agency