

Rainbow Connection



India Rainbow Community Services of Peel

Fall 2014

LIFE ALWAYS OFFERS YOU A SECOND CHANCE. ITS CALLED TOMORROW! ~ AUTHOR UNKNOWN

India Rainbow's 29th Annual General Meeting:

India Rainbow Community Services of Peel held its 29th Annual General Meeting on June 19th at 245 Queen Street East in Brampton. The occasion was also an opportunity for clients to share their experiences, and for India Rainbow to thank and recognize some of its networking partners and long serving staff. A new Board of Directors was instituted following the business part of the meeting.



Sam Malvea, outgoing Chair of the Board, addresses the gathering

Outgoing Board members – Chair, Sam Malvea, Ferzana Chaze, Charanjit Luthra and Shivani Sharda were thanked for their service to the organization.

Board of Directors for 2014-2015:

Chair: Sandeep Atwal, **Vice-Chair:** Swaroop Dogra, **Treasurer:** Harish Athale, **Secretary:** Asha Luthra, **Joint Secretary:** Sunita Malik, **Members at Large:** Mandeep Grewal, Gurwinder Gill, Arpana Vora, Brij P.S. Chadda.

Message from the Chair of the Board:

On behalf of the Board of Directors, I extend my good wishes to all the members, staff and stakeholders of India Rainbow Community Services of Peel. As the incoming Chair, I am both excited and eager to lead the agency forward and onwards to its 30th anniversary in 2015! The agency has been providing exceptional services for over 29 years and is seeking to expand its presence in the community. Several programs like the Seniors Services and Family Counselling Services are being reviewed to enhance their quality and effectiveness. Our many Governance processes are being strengthened, and there is high confidence in the IRCS leadership, staff, and in the direction that IRCS is being steered. The agency continues to build on its robust foundation, and uphold its stellar values. India Rainbow is known for the valuable service it provides throughout the community. We must continue to build on this tradition of providing the best possible service, and I look forward to an exciting year ahead and to working with each one of you.



Sandeep Atwal

- Sandeep Atwal, Chair

FREE WelcomePack greets and treats newcomers

When recently landed immigrants make their first visit to India Rainbow Community Services, a welcome surprise awaits them. It's the FREE WelcomePack gift box they are eligible to receive in the early months of settling in. Filled with gifts, products and special offers from over 40 Canadian brands, the gift box opens up a newcomer's world in more ways than one. And that's not all – they can look forward to receiving helpful tips, valuable information and special offers all year round from WelcomePack Canada. Besides, there are lucky draws and contests that offer a chance to win exciting prizes. Collect yours if you haven't already, and spread the word around – you just might know someone who is eligible. Presenting a Permanent Resident Card or landing paper with a passport at India Rainbow Community Services is all it takes to receive a FREE WelcomePack. Appointment is necessary. Visit welcomepackcanada.com for details.



Pride Week in Peel Festival: The event celebrates Peel's diverse and vibrant LGBTTIQQ2S* communities. The Pride Week Festival is one of the 'flagship' events each year. Since 2012, the event has been held at Mississauga's Celebration Square in the Amphitheatre. India Rainbow is pleased to share our very first participation in Peel Pride week! The festival was a busy one, with over 30 community organizations participating, lots of people attending the event for the first time, great performances, and of course, the Pride March! Thanks to the staff and volunteers who helped make it happen!



Happy 147th Birthday, Canada!

Students of the LINC program at India Rainbow celebrated Canada Day in the spirit of patriotism, love and unity. In Mississauga, students participated in some fun activities at a local park. Later, they returned to class, and joined together to sing 'O Canada' and to cut a commemorative cake. A delicious potluck lunch followed, with dishes from around the world. Students then competed with one another to test their knowledge with a trivia quiz about Canada.



In Brampton, students of over 30 nationalities displayed their culture and heritage through beautiful traditional dresses, delicious foods, melodious folk songs, vibrant folk dances, and exquisite art-work. Their group performances to the songs, "This Is My Land" and "The Wavin' Flag" represented a sense of freedom and belonging. Students with perfect attendance were awarded 'Student of the Month' certificates. The event ended with a cake cutting ceremony.

Fun in the sun at Erindale Park, Mississauga

India Rainbow's Social Committee organized a staff picnic on July 27th at the beautiful Erindale Park in Mississauga on a bright and breezy Sunday afternoon. Staff participated in various activities such as bingo, three-legged race, and many more! Everyone relished some great Indian cuisine and relaxed with their colleagues and loved ones. Thanks to the organising committee for helping our staff build stronger connections with each other.



Seniors Symposiums

India Rainbow is pleased to announce that our Seniors Symposiums held on June 26th (Mississauga) and June 27th (Brampton) were a great success. Over 100 clients attended the symposiums. In Mississauga, the clients were given a stress management presentation along with Zumba and yoga sessions. Members of the Senior Wellness Group provided the entertainment which included poetry recitation, dances, singing and skits.

In Brampton, the clients were given a presentation on the Registered Disability Savings Plan along with a dance performance from the Shiamak Davar School of Dance, and a yoga session. The clients were excited with the door prizes and for the chance to exhibit their talents. This was also a perfect opportunity for the various groups from different locations to meet each other and socialize.



Happy Retirement!

Manju Panchapakesan, Director Operations, said adieu to India Rainbow after 26 years of service to the organization. Manju joined India Rainbow in May 1988 and was instrumental in starting the Violence Against Women Prevention program. Manju was involved in many aspects - such as IT and infrastructure development, Supportive Mental Health Services, the Child, Youth and Parenting program, as well as liaison to the Policy Advisory Committee. Her legacy includes our involvement with the Safe Centre of Peel, the Peel Committee Against Women Abuse, Helping End Abuse for Life (Heal Network) and the formation of the Peel Elder Abuse Prevention Network. Her dedication and gentle advocacy are well known throughout the community. We wish her a happy retirement!



Sushil Sharma, Director, Seniors Services also announced her retirement from India Rainbow. Sushil demonstrated 20 years of dedicated service to the organisation, the Seniors program and her clients. Her leadership has substantially contributed to the development and growth of the Seniors Services program and under her leadership, the organization received its first ever CARF accreditation. Sushil introduced many innovative ideas and creative program planning for the Adult Day Program. Under her guidance, the Senior Wellness Program has flourished and continues to grow. Sushil's dedication to her clients and caregivers will always be remembered. We wish Sushil the very best in all her future endeavors.

Family Services Picnic: Summer is a great time to gather everyone and head to a park for a picnic. With this in mind, India Rainbow's Family Services team held a summer picnic for its clients on August 21st at the picturesque Bronte Creek Provincial Park in Oakville. Participants competed in games such as lemon & spoon, limbo, and enjoyed some great food. Children visited the 'Children's Playbarn', a 150 year old barn that has been transformed into a children's play loft. Later, it was time to cool off in the outdoor pool. All clients got a chance to relax and enjoy this rare opportunity for a friendly outing.



Healthy Summer Recipe Chilled cantaloupe and strawberry soup

Preparation time: 10 minutes. Refrigeration
Time: 2 hours. Makes: 4 cups

Ingredients:

2 medium very ripe cantaloupes about 1 kg each,
½ to 1 cup sour cream, ½ cup thickly sliced strawberries, 1 tsp grated finely
chopped fresh ginger, 1 to 2 tsp freshly squeezed lime juice, (fresh mint
leaves optional), 3 fresh strawberries, sliced.

*This ginger-flavoured soup also works with light sour cream; however, you'll get a
better texture if you use regular sour cream*

Instructions:

Cut cantaloupes in half. Remove seeds. Cut into wedges, then slice close to
peel to remove fruit. Cut into large chunks. Place cantaloupe chunks, 1/2
cup sour cream, strawberries, ginger and 1 tsp lime juice in bowl of a food
processor or blender. Blend until smooth. Taste and stir in additional sour
cream and remaining lime juice, if needed. Refrigerate just until cold, for
about 2 hours. Chill serving bowls in refrigerator. Ladle the soup into bowls,
then garnish with mint leaves and more sliced strawberries.



Membership Corner

Welcome new members

- | | |
|--------------------------------------|--------------------------------------|
| • Bharat Singh | • Shrikant & Anagha Wad |
| • Nadia Ali | • Mercykutty Paul & Paul
Kaduppil |
| • Twinkle Mathew &
Gincymol Eapen | • Ratilal & Hansa Haria |
| • Lakshmi Kanta Sarma
Ayyagari | • Shivkumar Abhi
• Rani Reddy |

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

Remembering Shakuntala Bagai (1937-2014)

Shakuntala Bagai was known as Shakun to all who knew her. She was the oldest volunteer with India
Rainbow helping in various programs from 1985-2002. She later joined our Senior Wellness Program,
and subsequently enrolled in the Adult Day Program. Shakun had a passion for singing her favourite
song "*Tujhe kya sunao mein dilruba, tere samne mera haal hai. Teri ek nigah kee baat hai, mere
zindigi ka sawal hai*" which she sang with her husband Mr. Surinder Bagai, who is also an Adult Day
Program participant. Shakun will always be missed and remembered by all.



India Rainbow offers

FREE English Classes (LINC) & Citizenship Preparation Classes

- English language training with computers
- Meet the new citizenship requirements
- Childminding for ages 19 months and up
- Transportation assistance for eligible clients
- Part-time & full-time classes from Literacy to Level 7
- Educational workshops and presentations
- Certified instructors and childminders

**Enroll now for Citizenship preparation classes
beginning soon!**
Call: 905-273-4932 or 905-459-4776

Adult Day Program for Seniors

- Client-centered continuum of care for frail/cognitively impaired seniors
- Gentle therapeutic activities such as music, art, and horticultural
- Improve flexibility, balance and muscle endurance by engaging in light exercises
- Mental aerobic activities according to clients cognitive abilities
- Promote independence and well-being of the participant
- Provide support, education, counselling and relief to participants and caregivers

Special respite hours:
Wednesdays from 2:00 PM to 9:00 PM
Saturdays from 9:00 AM to 4:30 PM at
415 Matheson Blvd. East, L4Z 2H2
Call: 905-507-6099

Newsletter Team: Daksha Mulla, Venant Ferreira

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.

Head Office: 3038 Hurontario Street, Suite 206 & Unit 1, Mississauga ON L5B 3B9 Phone:905-275-2369 Fax: 905-275-6799 Email: info@indiarainbow.org