

Rainbow Connection



India Rainbow Community Services of Peel

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Summer 2013

You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you – James Lane Allen

Our New Vision!!

Immigrants are empowered to find a sense of belonging and success in Peel

A new vision statement was created to reflect the potential future that can be achieved by India Rainbow. The Board and senior management team with input from stakeholders worked together to develop not just a vision statement but also finalized a 3 year Strategic Plan with three specific goals that will set the framework for future directions for the organization. India Rainbow will embark on implementing this new Strategic Plan with these goals:

Optimize the programs and services to meet the emerging needs of the Peel immigrant community.

Invest in strategic collaborations in order to strengthen client focused services and leverage IRCS's unique expertise.

Strengthen India Rainbow's internal capacity to offer high-quality programs and services.

And to steer us through this challenging journey, we welcome aboard the new Executive Director of India Rainbow - Gurpreet Malhotra.

Hello Everyone,

I must first start by thanking the Board of Directors for their confidence in granting me the role of Executive Director of this impressive organization. Kitty Chadda's leadership is evident throughout the organization and her retirement is well deserved.



Gurpreet Malhotra

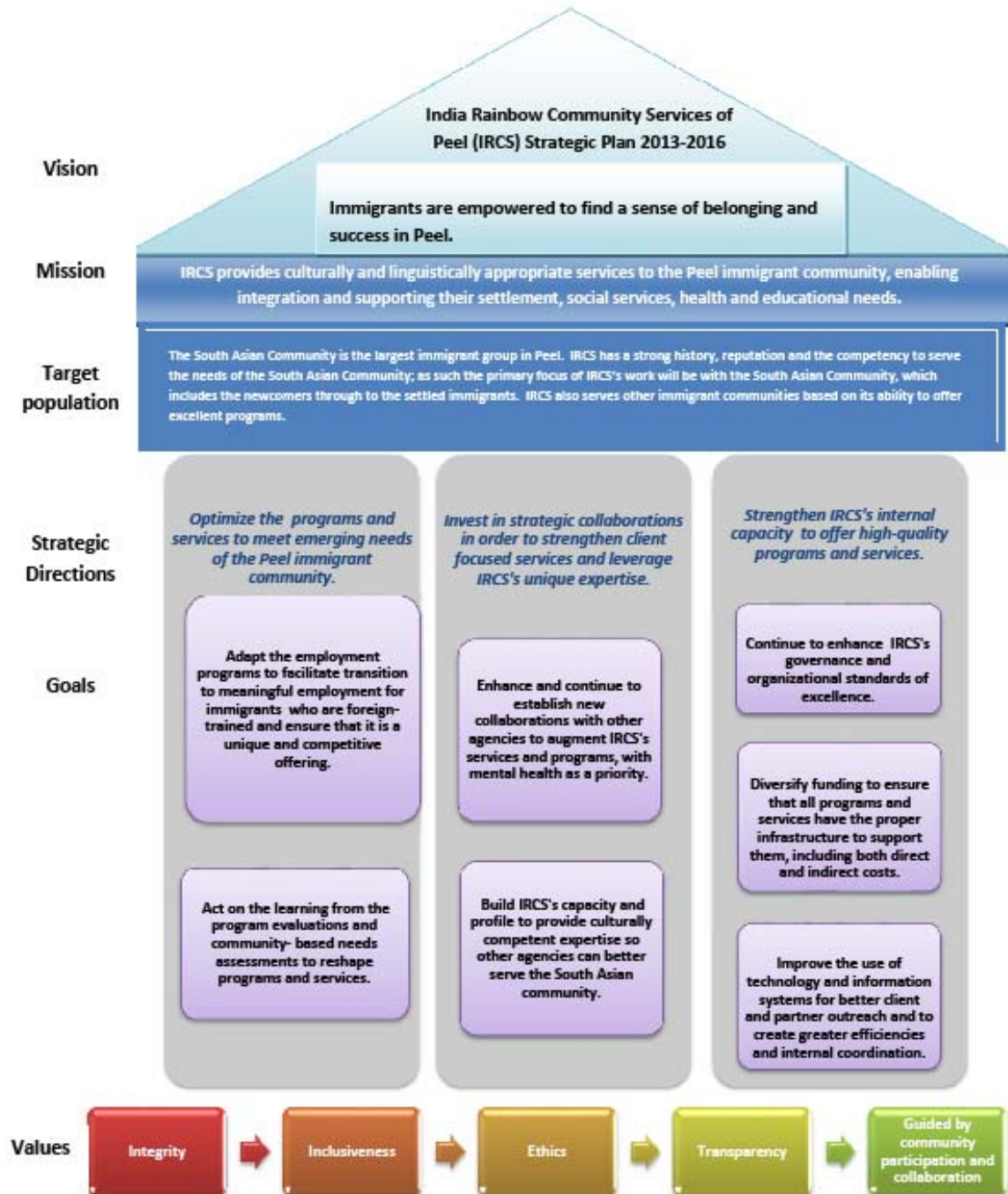
In my first few days here I have managed to visit all major program sites and touch base with many of India Rainbow's staff. I remain very impressed with the quality and dedication of all the agency staff and program volunteers I have seen in action. Your warm welcome and genuine enthusiasm is both humbling and energizing! Some of our clients even managed to take me aside and tell me how pleased they are with work being done at India Rainbow. At the same time I have received quite a number of requests to partner from our sibling agencies in the field and I'm excited at the progress this could represent.

This fabulous combination of Board volunteers, professional staff, the community and other agencies is an incredible engine of service for the betterment of our many communities. I aim to do my very best to amplify and help direct all this positive energy to enable India Rainbow to become a place where ideas take shape and the dream of a better life can be realized. If you are reading this then you have a part to play in building with India Rainbow and your wisdom will be required to guide the organization as we enter a new phase of our collective evolution.

Please consider yourself invited to the table as together we move forward!

- Gurpreet S. Malhotra

India Rainbow's Three Year Strategic Plan 2013 - 2016



Seniors Services - Accreditation

In preparing for the final survey, we have strengthened our communication strategy by facilitating a weekly two hour coaching and learning session for all LTC staff. These sessions have enabled all staff to be more familiar with our newly developed or existing policies, procedures and best practices.

Towards performance improvement, our processes have been simplified for best service delivery. Quality improvement initiatives are periodically identified and carried out. Timely communication with all stakeholders and seeking periodic feedback from them has enabled us to consistently maintain a high standard of client care.

The agency is now equipped with documented plans aimed at reducing risks to the organization, making our programs and services more accessible to a diverse population, and measuring our performances to align with our mission and future directions.

Staff from CARF Canada will be visiting our sites on June 10th, 11th and 12th for the final survey.

Information session on Wills and Power of Attorney (POA)

A Will, Power of Attorney, Representation Agreement and/or Living Will are likely the most important documents that you will ever create - clients learnt at an informative session held on March 28th at India Rainbow, Brampton. This free session was facilitated by Seema Nadarajah of the South Asian Legal Clinic of Ontario (SALCO).



Participants at POA session

Seema elaborated on the continuing/non-continuing POA and POA for Personal Care & Property. A **‘living will’** contains your written instructions about what level of medical treatment you want in the event that you are unable to express your wishes verbally, whereas a **last will and testament** is the legal document by which you identify those individuals (or charities) that are to receive your property and possessions on your death, she explained.



Seema Nadarajah at the session

India Rainbow would like to thank Seema and SALCO for donating their time and expertise towards community education.

Volunteer Appreciation Night

To thank the many volunteers, who have contributed to the success of the organization, India Rainbow held its annual ‘Volunteer Appreciation Night’ on April 25th, 2013. Manju Panchapakesan, Director Operations, welcomed and thanked all volunteers. She remarked how 27 years ago India Rainbow started with just 6 volunteers and now the numbers are in the hundreds. “We are extremely proud of our continuing and ever strengthening association with our volunteers”, said Sweety Khanija, Volunteer Coordinator. In 2012, we received 374 requests for volunteering, of which 309 individuals were interviewed, and 275 were placed in various programs. They contributed a total of 30,843 hours, roughly equivalent to 18.5 full time positions. Each volunteer was presented with a ‘Volunteer Recognition Certificate’. Members of the Board of Directors and the Policy Advisory Committee were also acknowledged.



Some volunteers recognized at the event, with Sweety Khanija, Volunteer Coordinator (seated in the centre)

Conference on Impact of Family Violence: A South Asian Perspective

Our Child, Youth, and Parenting department was a leading partner representing Peel region in the “Family Violence Conference: A South Asian Perspective” held on May 1st and 2nd at Sheridan College. The event was attended by 400+ people and included a variety of concurrent workshops exploring the issue of family violence for youth, women, men, seniors, and how it impacts the work of service providers. Day one of the conference included a video message from renowned South Asian film director Deepa Mehta, sharing her views on the issue. The second day featured a multi-faith panel discussion on the various forms of family violence from a religious perspective. By participating in this conference India Rainbow Community Services of Peel had the opportunity not only to share its expertise as a service provider, but also to hear directly from the community and partners about the gaps, needs and best practices so that we may better collaborate to provide client-focused services for children, youth, families and seniors.

Income-Tax Clinics

As part of its service to the community, India Rainbow continued to offer free income-tax clinics for low income individuals and families at its Brampton and Mississauga locations during the months of March, April and May 2013. A total of **287** clients accessed this service during the nine clinics that were offered. We would like to acknowledge and thank the volunteers from Canada Revenue Agency for conducting these clinics, and giving their valuable time to help newcomers file their taxes.



Healthy Recipe Summer Vegetable Frittata



Ingredients:

1½ tablespoons olive oil • 1 cup diced zucchini • 1/2 cup chopped red bell peppers • 1/3 cup chopped onion • 1 tablespoon chopped fresh thyme • 1/2 teaspoon salt • 1/4 teaspoon freshly ground black pepper divided • 2 garlic cloves, minced • 1/2 cup chopped seeded tomatoes • 9 large eggs

Preparation

1. Heat olive oil in a 10-inch nonstick broiler-proof skillet over medium heat. Add zucchini, bell pepper, onion, thyme, 1/4 teaspoon salt, 1/8 teaspoon black pepper and garlic. Cover and cook for 7 minutes or until vegetables are tender, stirring occasionally. Stir in tomatoes. Cook uncovered for 5 minutes or until liquid evaporates.
2. Combine eggs, remaining salt, and black pepper in a bowl; stir with a whisk until frothy. Pour egg mixture into pan over vegetables, stirring gently. Cover, reduce heat, and cook 15 minutes or until almost set in the center.
3. Preheat broiler and broil frittata 3 minutes or until set. Invert onto a serving platter; cut into 8 wedges. Serve hot.



Membership Corner

Mark your Calendars!

Annual General Meeting is Thursday, June 20th

3038 Hurontario Street, Suite 307 at 6:00 PM

More details will be mailed out soon.

Welcome new members:

- Makul Asthama
- Arun & Rashmini Raja
- Ramesh & Sundri Sonia
- Bery Vipin
- Chari Ravi
- Joseph Mathew
- Sandeep & Anita Taneja
- Balvinder Kumar
- Sanjukta Das
- Hemangi Tingare
- Paul & Maria Anthonypillai
- Jaswant Rai Singh & Gursharan Kaur Singh
- Panna Parekh
- Parijat Bhatnagar
- Gobind Sadarangany

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

Free Dental Screening: Free dental screening and oral health education was provided to students in all LINC classes at the Mississauga site. Students from Canadian Academy of Dental Hygiene (CADH) did a brief presentation under the supervision of Maria Castellano, RDH, on oral health and screened each student for dental problems, as part of their curriculum requirement. Our students were also given information about inexpensive dental care available in the community, and were encouraged to take advantage of it. Thanks to CADH for this initiative.



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India Rainbow Community Services of Peel**

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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 possible publication.

www.indiarainbow.org



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