

# Rainbow Connection



India Rainbow Community Services of Peel

Fall 2015

The difference between ordinary and extraordinary, is that little extra - Jimmy Johnson

## India Rainbow Celebrates 30 Years of Service

India Rainbow Community Services of Peel celebrated 30 successful years of service at a well-attended Gala on Friday, August 28th at the Pearson Convention Center with the theme of 'Changing Lives, Realizing Opportunities'. The event was hosted by Huse Madhavji of 'Saving Hope' TV show and also included fusion entertainment and raffle prizes.

During the evening several client testimonies were shared that demonstrated the importance of the work done by India Rainbow. The gathered supporters heard from a young woman, as she had recently freed herself from an abusive relationship and credited the staff of India Rainbow for their assistance. The audience also heard the experience of a newcomer from Africa; who was able to use the extensive language training program at India Rainbow to enhance her communication skills and is enjoying personal success. Each table at the event showcased beautiful floral center pieces specially created by the participants of the Seniors Services Program. Three past Presidents of the organization were also recognized. "Over the past 30 years, India Rainbow has helped thousands of people to become better settled and overcome the challenges they were faced in their new adopted country. This support has been delivered very professionally by a team of dedicated and compassionate staff." said Sandeep Atwal, Chair of the Board.

Gurpreet Malhotra, Executive Director of the organization closed the evening by thanking the many networking partners who have worked with India Rainbow very closely for several years in championing the cause of empowerment and social justice in the Peel community. The agency has renewed its commitment to accountability and excellent service and is being put onto a clear path of growth and further success. We thank all our funders, supporters and the community for making this event a great success.



Gurpreet Malhotra, Executive Director



(L to R): Past Presidents: Avtar Bhargal, Esa Para Esanda, Sam Malvea and current President Sandeep Atwal



## Intergenerational Therapy Day:

On August 24<sup>th</sup>, our Queen Street location organized an Intergenerational Therapy Day. Intergenerational therapy lets seniors connect with the younger population, which is both energizing and gives them a sense of renewal. The Cooksville site organized a similar event on August 12<sup>th</sup>.

The children and adolescents who attended the event were able to gain insight and perspective on the life experiences of the program participants through various activities.

Children shared their talents by performing some special dances. Clients then joined in on the fun and participated in a fashion show where they performed alongside the children and adolescents using a variety of different props and musical pieces. They also played some board games together. Children were presented with Appreciation Certificates and treated to some refreshments. Overall, it was a fun day filled with learning and laughter for all.



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## LINC Learners Celebrate 'Fall Fest':

On September 30<sup>th</sup>, 'Fall Fest' was celebrated by the advanced level English language learners at our Brampton location. The colorful and fun event was organized by students to mark the onset of Fall. The room was impressively decorated with the Fall theme. Students and teachers from all the classes came together to enjoy the fest and rejoice in the Fall spirit of beauty and bounty.

Students were quizzed on Fall events and did activities in order to develop awareness of the culture. The beauty of the season echoed in the vibrant Fall colors, decorations, the outfits, and the potluck lunch that was organized by the students for all. Everyone participated with great zeal and enthusiasm.



Students enjoying the Fall Fest

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**Day of Caring:** This is a community wide United Way event that demonstrates the power of volunteering. The program connects many workplaces with meaningful opportunities to volunteer in the community and to make a difference.

This year, staff from General Electric Canada (GE), Intact Insurance and Region of Peel volunteered their time and effort to paint the Adult Day Services area at our

Cooksville location in Mississauga and the Queen St. location in Brampton. There was a positive and energetic vibe throughout the day and for a few, it was the first time they ever picked up a brush! Now the program areas have a fresh and vibrant look, which the clients love!



General Electric (GE) Canada volunteers at the Cooksville site in Mississauga.



Volunteers from Intact Insurance and Region of Peel at the Queen St. site

It was a great opportunity for volunteers to give back and learn about their community through this hands-on experience.

India Rainbow would like to thank the wonderful volunteers from GE Canada, Intact Insurance and Region of Peel for the fantastic job they did, and to the United Way for donating the paint. Volunteers truly are a 'Work of Heart'!

**Seniors Go On A Trip to ‘Greece’:** Imagine the beautiful serenity of Santorini with its beautiful beaches, churches and restaurants - without having to actually travel to Greece! An imaginary trip to Greece took place on August 25<sup>th</sup> for the clients of the Adult Day Services at the Cooksville site. The day began with a presentation showcasing the country’s capital, Athens, its people, language and currency. The clients enjoyed learning about the Hellenistic era of Greece and the birth of the Olympics. A play on the famous legend of Narcissus was acted out by staff. Clients enjoyed the afternoon at the Museum of Athens, where they learnt about some Greek gods such as Zeus & Poseidon.



The tour guides (staff) dressed in togas and traditional white clothing to add that special ‘Greek’ touch! The day ended with staff performing a traditional Greek dance, with clients joining in enthusiastically! Hats off to the staff, our amazing summer students and volunteers, who worked hard to make this event so magical!

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**Support ■ Connect ■ Grow:** A new initiative made possible from the funds raised at the 2015 Mississauga Marathon, India Rainbow will be hosting ongoing groups called **Support•Connect•Grow** aimed at youth. These groups, starting soon, will allow youth to explore topics such as anxiety, depression, social isolation, social skills, healthy relationships, conflict resolution, bridging feelings of disconnect, and exploring post secondary education options, among other things. All groups will be facilitated in an informal friendly setting and are free of charge for youth aged 17 - 24 years. Participants will receive incentives, and refreshments will be served. Sessions will be held at 245 Queen Street East, Brampton. For more details and to register, please call Azra Adamally at 905.450.4650 Ext. 303.



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**Annual Family Services Client Picnic:** In August, the Family Services Department held its Annual Family Services Picnic for its clients at the Eldorado Park in Brampton. Heavy rains on the day played spoilsport, so the ‘picnic’ was moved to an indoor event. The group unanimously decided to enjoy a fun day of bowling instead!



Clients enjoying some bowling

The day turned from gloomy to cheerful as soon as the bowling shoes were put on. Interestingly enough, many clients had never been bowling before, so this was a great opportunity for them to bowl a strike! The game was followed by a pizza lunch.

Later, while waiting for the bus to arrive in the adjacent empty parking lot, the sun shone brightly, the children blew bubbles and flew kites as the parents shared some much needed family time together. At the end, everyone enjoyed the event and said that they can’t wait to do it all over again! A special thanks to First Student Canada for rerouting the bus at no extra charge, and to Brampton Bowling Centre for opening early and accommodating our group.

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**India Rainbow Goes ‘Purple’:** October is Child Abuse Prevention and Awareness Month. On October 16<sup>th</sup>, the Family Services Department team joined other organizations in Peel by wearing purple to raise awareness about child abuse and ‘Break the Silence,’ that often surrounds this issue. They also participated in the ‘Go Purple Day’ by dressing in purple and organizing a potluck with an array of purple-themed food.

**Congratulations!** A sincere ‘thank you’ to Cheryl Rodrigues, Shikha Bedi and Reneta D’souza for being the top three - amongst India Rainbow staff - to have brought in the most revenue through advertisements and sponsorships for our 30<sup>th</sup> Anniversary Gala. Keep up the good work, we couldn’t have done it without you. You made us proud!!



## Healthy Recipe Butternut Squash Pasta



### Ingredients:

2 ½ cups of uncooked spiral pasta • 3 cups of butternut squash peeled, cut in about ½ inch pieces • 2 tbsp oil • 1 ½ tsp salt • 1 tbsp all-purpose flour • 1 cup milk • ½ cup cream • 1 tsp fennel seeds crushed • ¼ tsp black pepper • ¼ cup butternut squash shredded for garnishing • ¼ cup beetroot, boiled & shredded for garnishing.

### Method

In a pot, boil 1 liter water with 1 tsp salt and 1 tbsp oil. Add the pasta. Cook the pasta until it is tender. Drain water and set pasta aside.

### Butternut Sauce

Cook squash in 1 ½ cups of water until soft; puree the squash to creamy texture. In saucepan add 1 tbsp of oil and flour over medium heat. While stirring, add cream. After it comes to a boil, add milk and butternut squash puree. Add salt, pepper & fennel seeds; boil for 3-4 minutes over medium heat.

### Prepare the Pasta

Before serving, pour the sauce over pasta and mix. Garnish the individual pasta servings with shredded squash and top it with few slices of beetroot.

## Membership Corner

### Welcome New Members:

|                        |                        |
|------------------------|------------------------|
| Ritika & Sarita Narang | Sunil & Malini Bhushan |
| Indra Chhatrishia      | Sanjeev & Anita Kumar  |
| Penny Dorka            | Francis Xavier &       |
| Anand & Reena Joshi    | Josephine Mary Violet  |

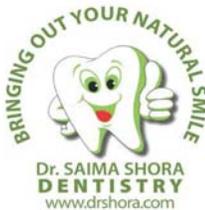
### Membership Renewal Reminder

**Membership renewal is due January 2016!**  
*Membership can now be renewed for up to 5 years. Online renewal is available through PayPal on our website, or call the office at 905-275-2369*



**IRCS Strategic Planning:** As the agency renews its by-laws and builds its new strategic plan, members will be asked for their thoughts and advice as we move forward. Watch your mailbox or email for an invitation to participate in an online survey. Your input will be very valuable. Thank you in advance for your participation and support!

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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.

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

[www.indiarainbow.org](http://www.indiarainbow.org)



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