



Hello everyone, happy spring! How are your gardens growing? Here's your DEC NET news for the next two months.

## **DEC NET news**

### **We've moved!**

As of April 1<sup>st</sup> you can find DEC NET at South Riverdale Community Health Centre. Here's our new contact info:

Diabetes Education Community Network of East Toronto  
955 Queen St. E.  
Toronto, ON M4M 3P3  
Tel: 416-461-9042  
Fax: 416-461-3489

You can ask about our programs and register for an appointment to get you started with all of DEC NET's programming at this number.

## **DEC NET program changes**

We have some exciting program news as well, including:

- more community locations
- individual appointments with a diabetes nurse educator or registered dietitian
- individual appointments for Insulin Initiation
- group sessions in English, Chinese, Tamil, Urdu/Hindi, and Bengali
- group sessions to learn about pre-diabetes
- support groups, community kitchens, a peer education program, and a community garden
- free interpretation, childcare, and TTC by request

If you'd like to learn more about diabetes and the programs we offer contact me to arrange a meeting, awareness talk, or presentation.

**Contact:** Tory Bowman, Community Outreach Worker: 416-461-9043 x343,  
[tbowman@srhc.com](mailto:tbowman@srhc.com).

## **Community events**

### **Chat and chew**

Everyone is welcome to join the Salvation Army every Thursday from April to June for a free nutritious lunch, a sense of fellowship, and a listening ear.

**When:** Starts Thursday April 3, 12 pm.

**Where:** The Salvation Army, 107 Cedarvale Ave. (near the Woodbine subway)

**Contact:** Chantal Webb, Community Outreach Coordinator: 416-467-7416 x233, [chantalwebb@hotmail.com](mailto:chantalwebb@hotmail.com).

### **Jane's Walk Toronto – May 3 and 4**

Jane's Walk is a series of free neighbourhood walking tours happening in eight Canadian cities on May 3 and 4. The walks celebrate the legacy and ideas of urban activist and writer Jane Jacobs. The walks are a great way to discover new areas and meet your neighbours. Check out these local tours:

- Commies and Christians: the secret history of spontaneous invention in the East End (May 4, 2 pm).
- Crescent Town and the valley below (May 4, 2:30 pm).
- A history of skid row and the working poor in East Downtown Toronto (May 4, 12 pm)
- Yonge Street is flaming (May 3, 4 pm)

**When:** May 3 and 4

**Where:** That depends on which walk you take.

**Contact:** For a full list of Toronto's walks go to the Centre for City Ecology's website: <http://www.janeswalk.net/>. Or contact Jane Farrow, Executive Director of Jane's Walk and Centre for City Ecology, 416-642-5779, [director@janeswalk.net](mailto:director@janeswalk.net).

### **Bridges to Wellness: Self-management at Bridgepoint Health – May 12**

The Bridges to Wellness program helps people with chronic illness learn from others living with similar conditions. Anyone with a long-term, chronic health condition, or friends, family, or caregivers can attend. If you join this program you will receive:

- tips on setting and reaching your goals
- strategies for managing your medications
- tools to help you communicate with all your healthcare providers
- nutrition and exercise info
- strategies to help you feel better
- the book *Living a healthy life with long-term conditions*

**When:** Starts Monday May 12 and runs once a week for six weeks, 6 to 8:30 pm. No session May 19<sup>th</sup>.

**Where:** Bridgepoint Health, 14 St. Matthews Rd.

**Contact:** Amanda Rader, 416-461-8252 x1444, [arader@bridgepointhealth.ca](mailto:arader@bridgepointhealth.ca).

## **Doors Open Toronto: Sacred Spaces, Sacred Places – May 24 and 25**

Discover the natural and ethno-cultural heritage of this unique urban green space. Join Evergreen at the Brick Works for live music, workshops on the medicinal and sacred uses of native plants and tours of the heritage buildings and naturalized quarry gardens. Learn how Evergreen will transform the site into an inclusive environmental discovery centre.

**When:** Saturday May 24 and Sunday May 25, 10 am to 4pm

**Where:** Evergreen Brick Works, 550 Bayview Ave. between the Prince Edward Viaduct (Bloor/Danforth) and Pottery Rd. It is just north of the Bayview exit from the DVP.

**Contact:** 416-596-1495 or [info@evergreen.ca](mailto:info@evergreen.ca).

## **South Asian Diabetes Expo – May 24**

AWIC Community and Social Services will launch their “Eat well, eat wise” South Asian Food Guide and Cook Book at their first annual South Asian Diabetes Expo on May 24. They’ll have presentations, speakers, workshops, cooking demonstrations, a special secret recipe, and an opportunity for you to keep fit Bollywood style.

**When:** May 24, 10 am to 5 pm.

**Where:** James Cardinal McGuigan Catholic Secondary School, 1440 Finch Ave. W.

**Contact:** For more info call 416-499-4144.

## **Canadian Diabetes Association Live Smart Diabetes Expo – June 7**

Join the Canadian Diabetes Association for a full day of diabetes discussions, trade show exhibits, and much more.

**When:** Saturday June 7, 8:30 am to 3 pm.

**Where:** Toronto Congress Centre, Hall F, 650 Dixon Rd., Etobicoke, ON.

**Contact:** To exhibit contact Bridget Hunter: 416-408-7144 or Lisa Sabisch: 416-408 7106.  
To register contact 1-800-226-8464 or [www.diabetes.ca](http://www.diabetes.ca).

## **Diabetes in your neighbourhood – June 16**

Join the Diabetes Education Community Network of East Toronto and researchers from St. Michael’s Hospital’s Centre for Research on Inner City Health for an evening discussion about diabetes in the Pape and Cosburn neighbourhood. Share your experiences, discuss issues, and get to know your community in a new way.

**When:** Monday June 16, 5:30 pm.

**Where:** TBD

**Contact:** Tory Bowman, Community Outreach Worker: 416-461-9043 x343,  
[tbowman@srhc.com](mailto:tbowman@srhc.com).

## **Contacts for DEC NET programs**

### **Diabetes Self-management Education Program**

**Where:** Various locations

**Contact:** Carol Park, Program Assistant: 416-461-9042 x341, [cpark@srchc.com](mailto:cpark@srchc.com).

### **Chinese Program**

**Where:** South Riverdale Community Health Centre, 955 Queen St. E.

**Contact:** Eric Ng, Community Dietitian: 416-461-9043 x339, [eng@srchc.com](mailto:eng@srchc.com).

### **Tamil Program**

**Where:** Providence Health Care Centre, 3276 St. Clair Ave. E.

**Contact:** Jeyasingh David, Tamil Caregiver Project, Providence Health Care Centre: 416-285-3666 x4152, [j david@providence.on.ca](mailto:j david@providence.on.ca).

### **Urdu/Hindi Program**

**Where:** East End Community Health Centre, 1619 Queen St. E.

**Contact:** Naaheed Siddique, Community Dietitian, East End Community Health Centre: 416-778-5805 x204, [nsiddique@eastendchc.on.ca](mailto:nsiddique@eastendchc.on.ca).

### **Mental Health Consumer/survivor Program**

**Where:** South Riverdale Community Health Centre, 955 Queen St. E.

**Contact:** Eric Ng, Community Dietitian: 416-461-9043 x339, [eng@srchc.com](mailto:eng@srchc.com).

### **Peer Education Program**

**Where:** South Riverdale Community Health Centre, 955 Queen St. E.

**Contact:** Tory Bowman, Community Outreach Worker, 416-461-9043 x343, [tbowman@srchc.com](mailto:tbowman@srchc.com).

### **Diabetes Urban Health Initiative**

**Where:** St. John the Compassionate Mission, 155 Broadview Ave. (south of Dundas)

**When:** First and third Friday of the month, 12:00 to 1:30pm.

**Where:** Heyworth House Shelter, 2714 Danforth Ave. (east of Main)

**When:** Second and fourth Friday of the month, 12:00 to 1:00 pm.

**Contact:** Tory Bowman, Community Outreach Worker: 416-461-9043 x343, [tbowman@srchc.com](mailto:tbowman@srchc.com).

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DEC NET is a community partnership of South Riverdale Community Health Centre, East End Community Health Centre, and Toronto East General Hospital. DEC NET receives funding from the Ministry of Health and Long Term Care – Community Health Branch. All our programs are free. We can arrange interpretation in many languages. We offer TTC tokens and childcare if needed.

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