



REACH...

For the NEWS

REACH WELCOMES NEW EXECUTIVE DIRECTOR

The Board of Directors, staff and volunteers at REACH are very pleased to have Mayo Hawco join us as our new Executive Director. We asked Mayo to share some information about herself and how she came to REACH. We extend our very best wishes to Mayo and invite everyone in the REACH community to drop by and meet her.



I am very excited about my new position at REACH. I strongly believe in the principles of community health and health promotion. In fact, many of these are also my own personal beliefs and values. It is a very rewarding experience to work in an environment where ones personal values are not only respected but are at the very essence of the work being accomplished.

My initial research on REACH indicated that this could be a unique match – where I am in my own personal and career growth, and where REACH is in its organizational growth. In my short time here, I have been able to reaffirm this and believe that we are, indeed, on the same path and ready for each other...*continued on page 4...*

SAVE THE DATE for the 2nd Annual REACH Walks for HEALTH

Sunday, March 26, 2006 in Grandview Park

Enclosed are entry forms for you and your walking partner. Consider organizing a TEAM of walkers! This year we are giving a unique group prize for the team who raises the most pledges - check the enclosed brochure. You can download more brochures through our website www.reachcentre.bc.ca or pick them up at REACH. Once you register, we will send you a colourful email that you can use to help you raise your entry fee and pledges.

Once again there will be lots of prizes, a goody bag for everyone that registers, great entertainment and delicious snacks from local businesses and Uprising Breads, our champion sponsor.

**This is REACH's annual community and fundraising event.
Please come and help make it a success!**



Yes, REACH is involved in the Vancouver Food Policy Council!



It may appear dry....but the potential for impact and improvement in the health of our community and food system is great. *Do read on.....*

After close to 15 years of grass roots work at the community level, a community based, elected Food Policy Council became a reality for Vancouver in July 2004 when City Council declared that the “City of Vancouver supports a just and sustainable food system”.

The Council is made up of 20 volunteer members of the public including Carol Ranger, REACH Nutritionist, who are an advisory group to City Council. There are also a total of 5 representatives from City Council, the Vancouver School Board and Parks Board sitting on the Council.

The ultimate goal of the Council is to create a “food secure” city where all people have access to safe, adequate, environmentally friendly, nutritious, and culturally appropriate food that is obtained in a dignified manner. The Council’s mandate is to look at the operation of our local food system and provide ideas/policy recommendations for how it can be improved. The range of issues involved include hunger, poverty, lack of access to food, food safety, nutrition, health, environmental sustainability, protection of farmland, support of local growers and composting among others.

Highlights of accomplishments to date:

- After doing a research review of institutional food purchasing policies in other jurisdictions, the Council is working with the City of Vancouver’s food purchaser, who is then working with the food provision contractors for Carnegie Centre and the Gathering Place, to buy local, and organic fresh fruits and vegetables.
- Collaborating with the Parks Board to support plans to increase the number of fruit trees on park property and review the community garden policy.
- Coordination of “My Own Backyard” (MOBY) Community Garden Project at East 11th and Commercial - a joint project between Translink, MOBY, and the City of Vancouver.
- Supported development of an Aboriginal farm project at UBC Farm; partners are Downtown Eastside Community Kitchens, UBC Farm and agencies providing services to our urban First Nations community.



The Food Council has completed its first year, got its feet wet, and is looking forward to a very productive second year. Further details of the Council’s work are available at www.vancouver.ca/foodpolicy, or call Carol Ranger, REACH Nutritionist at 604-254-5456 x 2.



A Fond Farewell to Barbara Bell

*Real joy comes not from
ease or riches or from
praise of people, but from
doing something
worthwhile.*

- Sir Wilfred Grenfell

Barb has accomplished an abundance of “worthwhile” undertakings along her career path. Thank you very much for everything you have done for REACH, Barb. We know that your new challenges will bring you much satisfaction and joy.

We will miss you!

A Note of Sincere Appreciation to...

The Leon and Theo Koerner Foundation for a grant of \$2,000 to REACH's Emergency Dental Fund.

Mr. & Mrs. P. A. Woodward Foundation for their generous support and funds of over \$11,000 for new medical equipment for REACH.

Thank you to our members and donors who contributed to REACH during our 2005 annual campaign. We were successful in raising \$2,500 for the MFC's African Children's Homework Club. We have now purchased the much-needed books and materials.

New developments in the Multicultural Family Centre's Healthy Eating Active Living (HEAL) diabetes prevention and management program

The Multicultural Family Centre's HEAL Program is taking a new direction. After four years of operating a highly successful, Health Canada funded Type 2 Diabetes prevention program with the Vietnamese, Latin American, and African communities, the MFC obtained funding from Vancouver Coastal Health to provide culturally specific diabetes self management programs. These programs, addressing both language and cultural issues, provide support to REACH's multicultural patients in dealing with the challenges of managing and preventing diabetes. Community Health Workers, recruited from the target communities, conduct monthly group meetings featuring health education presentations, nutrition information, physical activity, and a socially supportive environment. In addition, they act as a liaison between the patient and their physician, providing reminders, explanations, and follow up on required tests and medical procedures. They also work individually with patients to set and monitor personalized goals and lifestyle change strategies, connect the patient with cultural and language specific community kitchens, and promote physical activity.

HEAL has also “gone on the road”! The MFC received a grant from the Vancouver Foundation to enable a mobile team of Vietnamese, Latin American, and African Community Health Workers to deliver culturally relevant health information to their respective communities. This program was developed in response to community requests for much needed health information on a variety of health issues affecting immigrants and refugees from these communities, and is being delivered to a wide range of community groups and organizations.

For more information on these programs, or if you would like to participate or volunteer, please call Chaya Ransen at 604-254-1374 or Patricia Dabiri at 604-254-6468.

Comings and Goings at REACH...

Congratulations to **Dr. Justine Bateman** and to **Hope Kubryn**, both expectant mothers-to-be! Justine's last day at REACH will be February 3 and locum Dr. Kiran Nayar will be taking her place. Hope will be with us until the end of March and we are currently seeking a replacement. We look forward to hearing from them both in the future.

Dr. Harry Lau is leaving the Dental Department at the end of January. We wish him well in his future endeavours.

We welcome **Jenipher Wasike** and **Veronique Mulungie** to the MFC as cross-cultural facilitators for the African Women Program.

REACH CENTRE ASSOCIATION BOARD OF DIRECTORS 2005-2006

In September 2005, our 2005-2006 Board of Directors was voted into place. The Board's Annual Retreat will be held at the end of January to address REACH's 'future directions' and initiatives for the coming year. We look forward to reporting back at that time.

Executive:

Tracy-Anne Northey, **President**
Linda Shpikula, **Vice-President**
Jeff West, **Secretary**
Larry Reid, **Treasurer**
Mayo Hawco, **ED (new)**

Directors:

Andrea Dernisky (new)
Miranda Jacobs (new)
Melissa Lane (new)
Stephanie Saville (new)
Lynne Shepard (new)
Allan Zdunich

Staff Representatives:

Dr. Pat Howitt
Lorna Pennykid

Fran Moore
Pedro Ramirez

Continued from Page 1.... Prior to coming to REACH, I lived and worked in Toronto for almost 20 years. My last position in Toronto was with Eva's Initiatives where I was the General Manager of two of their three youth shelters, one which operates from a harm reduction philosophy and the principles of health promotion, while the second worked with younger youth and explores options for youth to reconnect with their families. Prior to Eva's I worked for Central Toronto Community Health Centres which was comprised of Shout Clinic and Queen West Community Health Centres. These community health centres provided comprehensive services, including dental, to several high-need and at-risk populations in the inner city including homeless and street involved youth, the Aboriginal, Chinese and Portuguese communities, New Canadians and those without a health card.

I was born and raised in a small community in the province of Newfoundland and Labrador. This is a piece of my past of which I am very proud and it has had a tremendous impact on who I am and how I live my life. Vancouver reminds me a lot of home, the beautiful scenery, friendly people, strong communities and of course the rain and fog!

I have been meeting with individual staff to gain a collective sense of what they see as the immediate and longer term priorities for REACH. There have also been discussions at the Board level to explore and identify what directions would be conducive for REACH at this stage. It is very clear to me that REACH has a strong and rich history, and its past leadership has brought it to a place where it is ready to establish new and exciting frontiers.

- Mayo Hawco, Executive Director



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