

From Risk to Resilience

Connecting the Dots on South Asians and Stroke

Wednesday, March 4, 2009

8:30am – 4:30pm

Burnhamthorpe Community Centre

1500 Guelleden Drive, Mississauga, ON, L4X 2T7

Health
Promotion

Public
Health

South
Asian
Orgs.

Health
& LT
Care

Community
Services

**REGISTER
NOW**

THIS PARTICIPATORY FORUM WILL

- ◆ Enhance understanding of stroke and South Asian communities
- ◆ Increase knowledge about availability of services and supports
- ◆ Help improve planning for stroke and chronic disease prevention at all levels
- ◆ Promote greater intersectoral collaboration through existing and new networks

Click Here
for More Info



CLOSING PANEL

Dr. David Mowat

Medical Officer of Health, Region of Peel, Public Health

Pegeen Walsh

Director, Chronic Disease Prevention and Health Promotion, Ministry of Health Promotion

Evelyn Myrie

Director, Peel Newcomer Strategy Group

Other speakers include representatives from South Asian Organizations, Health Promotion, Health Care, Community Services and Researchers

Plus – a South Asian stroke survivor tells his story

Why this Forum?

Why now?

Stroke is a growing issue in our communities – about 50,000 strokes occur each year, and roughly 300,000 Canadians are living with the effects of stroke. Stroke costs Ontario nearly \$1 billion annually. South Asians are among a number of ethnoracial communities at high risk for stroke. They are three times more likely to have high blood pressure than other Canadians, have higher rates of diabetes and cholesterol, and are a priority population for stroke prevention.

Connecting the Dots (CTD) is a multi-sectoral, community engagement initiative that helps us work together differently for better stroke (and chronic disease) outcomes and improved health for all. The CTD brings together a wide cross-section of community leaders to address complex problems in a new and innovative way.

Do you want to learn

- What services, supports and resources are out there for stroke prevention, treatment, stroke survivors and their families?
- How to prevent stroke effectively in South Asian communities?
- What people from other sectors are doing and how your work can tie in with theirs?

Are you someone who

- Works in the area of stroke and chronic disease?
- Works with / for South Asian communities?
- Provides services and supports to communities and professionals?
- Works in policy and planning around these issues?
- Works in a sector that impacts our health such as housing, education or settlement?
- Works in Peel or the Greater Toronto Area?

If you answered yes to any of these, then you will certainly be interested in attending a fabulous, informative, interactive day where we will build a collective synergy to take our efforts to a new level.

Registration is Free. However a \$50 fee will be charged for “no shows”.

Click here for more information and to register.

Agenda

8:30 – 9:00	Registration and Breakfast	
9:00 – 9:15	Welcome and Introductions	
9:15 – 10:00	Getting on the same page	What is <i>Connecting the Dots</i> ? What is the Ontario Stroke System? Dr. Manu Mehdiratta , Neurologist, Trillium Health Centre Stroke Overview
10:00 – 10.45	<i>Panel Discussion I</i> Focus on South Asian communities and Immigrant Health	Farah N. Mawani , <i>Traveling faculty, International Honors Program</i> Social Determinants of Immigrant Health Amandeep Kaur , <i>Punjabi Community Health Services</i> Understanding South Asian Health Issues in Peel Region Neethan Shan , <i>Council of Agencies Serving South Asians</i> Who are the South Asian communities?
	BREAK	
11:00 – 11:20	Getting the Big Picture – Identifying the Dots	Facilitated session
11:20 – 12: 30	<i>Panel Discussion II</i> Understanding the Stroke Continuum – Connecting the Dots	A Stroke survivor speaks Panel of speakers from different parts of the continuum
12:30 – 1:15	LUNCH (followed by Bollywood Energizer)	
1:25 – 2:20	Connecting the Dots	Group Work
2:20 – 2:50	Understanding Cultural Competencies in Health - A South Asian Perspective	Baldev Mutta , <i>Punjabi Community Health Services</i>
2:50 – 3:45	Engaging with the Planners	Dr. David Mowat , <i>MOH, Region of Peel, Public Health</i> Pegeen Walsh , <i>Director, CDP & HP, Ministry of Health Promotion</i> Evelyn Myrie , <i>Director, Peel Newcomer Strategy Group</i> In conversation with Connie Clement , <i>ED, Health Nexus</i>
3:45 – 4:00	Closing Remarks, Evaluation and Adjourn	

Acknowledgements

Planning committee

Sharon Trottman

Neethan Shan

Baldev Mutta

Jasmine Samuel

Farina Siddiqui

Mantreh Atashband

Naeem Arain

Susan Swartzack

Sabrina Merali

Laura Klaponski

Ramneet Gadi

Linda Rampen

Subha Sankaran

West GTA Stroke Network

Council of Agencies Serving South Asians

Punjabi Community Health Services

India Rainbow Community Services of Peel

Heart and Stroke Foundation of Ontario

Rexdale Community Health Centre

Canadian Association of Multicultural People

Mississauga Halton LHIN

Region of Peel, Public Health

Ontario March of Dimes

William Osler Health Centre

Parks and Recreation, Mississauga

Health Nexus

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**West GTA
Stroke Network**



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