

Welcome to Unison eVoice, a monthly bulletin that profiles programs and partners at Unison.

## Program Profile **Diabetes Programs and Services**

**Staff Lead: Zuzia Kukulka, Diabetes Education Centre, Outreach Worker**



Zuzia Kukulka knows about the importance of diabetes. She has been working for Unison as a Diabetes Outreach Worker for over 5 years. She also lost her father to diabetes complications and has been advocating for better public awareness of diabetes ever since. In her role as an outreach worker Zuzia gives presentations to increase diabetes awareness in the general public. She also increases awareness of Unison specific services among other medical professionals, like family doctors.

### What are the diabetes services at Unison?

Zuzia works with two diabetes initiatives that were both started at Unison. The Diabetes Education Centre, which has been running for over eight years, offers group and individual counseling for people with pre-diabetes and those with diabetes. The Diabetes Prevention Project, which started last year, offers screening and health promotion workshops. Unison's diabetes team includes registered dietitians, registered nurses and support staff. **All our services are free and we provide interpretation if needed.**



*DEC and DPP Team*

### How can the diabetes services help me?

#### Diabetes Education Centre (DEC)

Zuzia says that "the DEC makes staying healthy with diabetes easier." Everyone is unique, which makes everybody's diabetes different! This is why having access to individual counseling with a nurse and dietitian is very important. DEC staff provide hands on tools and support including tips on healthy eating, staying active and stress management. Clients gain professional advice on how to manage their diabetes and how to lower their risk of developing diabetes complications.

**For more information or to sign up for a module (group session) or individual appointment please call us at 416-787-1661 X 301. If you would like to book a community presentation please contact Zuzia Kukulka at 416-616-1279 or via e-mail at [zuzia.kukulka@unisonhcs.org](mailto:zuzia.kukulka@unisonhcs.org)**

#### Diabetes Prevention Project (DPP)

The DPP helps people find out about their risk for developing diabetes. The DPP's 'Live Free... Prevent Diabetes' program raises awareness about diabetes by going out in the community and providing diabetes education. Staff will ask questions to help you understand your risk of developing diabetes and talk to you about ways to prevent getting diabetes. Depending on your risk, staff will refer you to community resources or the 'Back on Track' healthy lifestyle program. This program features four workshops to help you prevent getting diabetes. The workshops are:

- Let's Get Started – An Intro to Diabetes
- Nourish Your Health – Nutrition Workshop
- I Like to Move It – Physical Activity Workshop
- Delicioso! – Healthy Cooking

These workshops are a fun way to meet people, learn something new and develop healthier habits. **If you want more information about the DPP contact Michelle-Ann Hylton – [michelle-ann.hylton@unisonhcs.org](mailto:michelle-ann.hylton@unisonhcs.org); 416-645-7575 ext. 2430**

Community Partner Profile **Community and Recreation Centres**

Do you know Toronto has over 153 community and recreation centres throughout the city? Community and recreation centres are a great place to learn something new, get information and make new friends! They offer lots of different services including gymnasiums, pools, weight rooms and meeting rooms. They also offer community programs – including youth groups and fitness classes, just to name a few! ‘Priority centres’ are community centres that offer some free programming. Lawrence Heights Community Centre (5 Replin Road) is one of the priority centres in Toronto.

Unison Health and Community Services often works with community centres. Unison and community centre staff help support two neighbourhood networks– the Lawrence Heights Inter-Organizational Network (LHION) and the Bathurst Finch Network (BFN). These networks advocate for neighbourhood issues and help agencies work better together.

**Why would you want to be involved in your community centre?**



Community and recreation centres help keep people happy and healthy. They are a great place to exercise and get fit. In the words of Mike Sterling, Recreationist at the Antibes Community Centre in the Bathurst Finch neighbourhood...

*Some people say ‘All roads lead to Antibes Community Centre’. If the road you are on doesn’t, then at some point you will still find a way to the Antibes Centre. Here you can meet new friends, find a recreation program for yourself and your family, volunteer, get a sense of this community (if you are new to it), get involved in changing the community, or just join in on a fun event. As a city run centre there is much we need to do to improve and that is impossible without hearing directly from community members!*

Mike and other city staff invite you to visit a community or recreation centre near you! To find out where they are, visit: <http://www.toronto.ca/parks/prd/facilities/recreationcentres/index.htm>

**How to stay active in the winter...**

Skating is a great way to stay active in the winter and it is easier than you think! Skating rinks all over the city have free public and family skate times. Some rinks are connected with a community or recreation centre. There are also skating lessons throughout the city which can be found at <http://www.toronto.ca/parks/prd/skating/reg/learn/index.htm>

Contact Information for a few arenas and outdoor rinks:

Name and Location	Area of the City	Public Skate Times (Free)
Herbert H Carnegie Centennial Arena 580 Finch Ave West	Bathurst and Finch	Mon 6:45pm -8:00pm Sun 12:00pm-2:00pm
Baycrest Arena 160 Neptune Drive	Bathurst and Neptune	Sat 7:00pm-9:00pm Sun 2:30pm-4:30pm
Glen Long Outdoor Rink 35 Glen Long Ave	Dufferin and Lawrence	Mon-Thurs 3:00pm-5:00pm Fri 3pm-4pm and 6pm-8pm Sat & Sun 2:00pm-4:00pm
Chris Tonks Arena 2801 Eglinton Ave West	Black Creek and Eglinton	Mon 6:30pm-8:00pm

