

Story of Client - Baljit Kaur, 58 Cimaran Str, Markham, L3S 2E9 – (client spoke in Punjabi and the story was translated into English by SSN Community Mobilizer attached to the Senior Drop-In Centre at Armadale Public School).

“My family members, i.e. my son, my daughter-in-law work and when they come home they are tired and expect food to be ready and house to be cleaned. My grandchildren go to school and when they come home they want food quickly because they are hungry. So I am home all day everyday working for my family. When I found out about the Seniors Drop-In Centre for Punjabi speaking people, I joined and attend the session every Thursday afternoon. I quickly cook that morning and keep everything ready for my family so I have to the time to go to the centre. I love being at the centre with all my friends. We share our problems and talk about issues facing them too. We do Yoga there and celebrate our birthdays and cultural events, such as Kalsa Day and Diwali. I do not feel isolated and know that other women are also going through the same issues as I am. We all talk in Punjabi, understand each other and are very happy to have SSN support us with a staff who also understands Punjabi and our culture”.

“I also learn new things when I attend the Drop-In Centre. At a presentation delivered by the Schizophrenia Society of York Region - What are the symptoms of this illness. Where to go and what to do - Take the member to the family doctor. I had never heard about the illness and the name of the illness. I thought it was a curse on the client affected and or the client was crazy. I did not know that through the right medication, the illness can be controlled. I am learning a lot about different topics”.