

# VTC Newsletter

Carefirst Vocational Training Centre | Newsletter | Oct 2018



## Upcoming PSW Course: Oct 15, 2018

### Carefirst Vocational Training Centre

300 Silver Star Blvd  
Scarborough  
Ontario, M1V 0G2

T: 416-847-2767  
F: 416-502-2382  
W: carefirstontario.ca  
E: training@carefirstontario.ca

#### Program Highlights

- ◇ Total of 25 weeks for full-time program
- ◇ Hands-on training with in-class modules and 2 practicum placements
- ◇ Develop skills for a rewarding career in healthcare settings
- ◇ Carefirst Vocational Training Centre has been granted accreditation under PEPA (PSW Educational Program Accreditation) since 2009



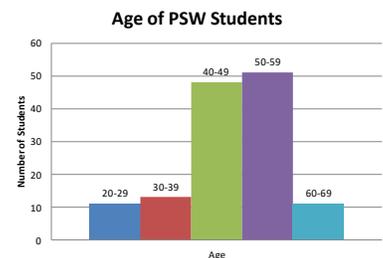
## Why choose Carefirst PSW Program?



**Multi-disciplinary Faculty Members** including Registered Nurses, RPN, Physiotherapist and Social Worker

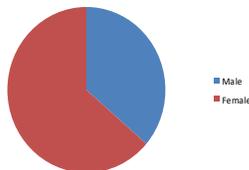


**Recognized Program** has been approved by the Ministry of Training, Colleges and Universities



**Diverse Students** from all different age groups learning together

Male vs. Female PSW Students



**All welcome** to register for our PSW class



**Accessible Location and Friendly Environment** in Scarborough



**Excellent Student Support** for any students no matter the problem

# Do Canadians know enough about food safety? Survey says no.

Canadians are becoming less aware of how to safely handle and prepare food to avoid food-borne illness and food poisoning, according to government-backed research.

The findings from the report, which cost the government \$126,449, point to an overall deterioration over the past eight years in Canadians' confidence that they can protect themselves and their families from food-borne illness and food poisoning.

A majority of seniors and pregnant women in the survey didn't consider themselves to be at any greater risk from food poisoning, even though they are.

The pollsters recommend the government gently target public awareness campaigns at those groups, among others, about how to properly handle food "without undermining the public's confidence in agriculture or the agri-food industry, or Canada's food safety system, which is reasonably good."

The results of the survey are based on responses from 1,201 respondents through telephone interviews, and 1,613 people through an online panel. All work was done between Dec. 14, 2017 and Jan. 18, 2018.

A spokesman for Health Canada said the department will update its safe food handling advertising campaign based on the research report, as well as information from other sources.

The Liberals introduced new food safety rules last month, just a few weeks after the research report was delivered to Health Canada. The regulations will come into force early next year, and will require companies to keep detailed records about the path food takes from producer to consumer.

Federal officials believe that being able to trace food to its source could speed up the pace of recalls.

Consultations on the regulations are open until Sept. 7.

The survey provided to Health Canada in early May will now become the benchmark by which the government can measure the effects of public awareness efforts in the coming years, but also provide insight into how attitudes have changed since 2010.



Each year, about one in eight Canadians -- or four million people -- are affected by a food-borne illness like norovirus, salmonella or listeria, leading to about 11,500 hospitalizations and some 240 deaths.

More pregnant women and parents of young children in 2018 than in 2010 defrost meat or poultry at room temperature rather than in the fridge.

And seniors are more likely to view food as safe to consume past the best-before date, aren't aware of the proper temperature to leave a fridge -- between 2 C and 4 C -- and tend to believe frozen, breaded chicken products just need to be reheated rather than cooked through.

"The results of this survey also suggest an 'out of sight ... out-of-mind' tendency among the public with regards to safe food handling in general, food-borne illness and listeria in particular," the report says.

"In the absence of sustained messaging related to food safety, it is likely that consumer vigilance may lapse, especially with respect to specific food safety practices that have not yet become normalized or habitualized."

If the federal government wanted to increase food safety awareness with seniors -- defined in the survey as anyone 60 and over -- it should focus on consequences, said Wanda Morris, vice-president of advocacy with CARP, formerly known as the Canadian Association of Retired Persons. She pointed to campaigns about falls that focus on the likelihood that not preventing them could lead seniors to live in long-term care homes.

She suggested food safety authorities should try "tying in an awareness campaign of 'do you want to save a few pennies and risk long-term care or death'. And the bigger fear is long-term care. In my experience people are more concerned with long-term care than they are about dying."

Source: CTV News, July 30, 2018



Course Hours 課程時數: 6 hours/6 小時

Course Dates 上課日期: 11/03

Course Time 上課時間: 9:30 am - 4:30 pm

Medium of Instruction 教學語言: Cantonese 粵語

## Food Handler Certificate 食物處理人員 認證課程

### Why take this course?

- ◇ Most restaurants, long term care homes and hospitals require this certification
- ◇ Foodborne illness prevention
- ◇ Higher customer satisfaction in the workplace
- ◇ Less food waste

## Care Attendant for Post-Natal Services 陪月員 / 月嫂 培訓班

Course Hours 課程時數: 12 hours/ 12 小時

Course Dates 上課日期 : 11/19, 11/21, 11/23

Course Time 上課時間 : 1:00-5:00 pm

Medium of Instruction 教學語言: Cantonese 粵語



### Why take this course?

- ◇ Aid families in transition to life with newborn
- ◇ Master maternal psychological effects and support skills
- ◇ Taught by a registered nurse

Course Hours 課程時數: 20 hours/20 小時 (10 sessions/ 10 堂)

Course Dates 上課日期: 10/22 (every Monday/逢星期一)

Course Time 上課時間: 6:00 pm - 8:00 pm

Medium of Instruction 教學語言: English 英語

### Why take this course?

- ◇ Learn the English conversational skills, interactive conversation and role play
- ◇ Help you prepare, find and keep a PSW job
- ◇ Small class size
- ◇ Friendly teachers

## English Enhancement Class for PSW 個人護理員 英語進修班

# PSW Alumni Reunion and Elly's Retirement Party

On June 12, 2018, Carefirst held its very first PSW alumni reunion party. With graduates from our humble beginnings in 2010 to our most recent class of graduates in 2018, the room was full of energy. In addition, it was a surprise retirement party for one of our PSW teachers, Elly who has been with us since the PSW program started. We feel ambivalent for her leaving. We would like to thank her for her dedication to Carefirst and wish her happiness in her retirement.



On September 22, 2018, the 2017-2018 PSW graduates attended the Carefirst's Annual General Meeting to receive their PSW certificates on stage.



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## Community News

### Volunteers WANTED!

Please contact our Volunteer Team if you are interested in finding out about our volunteer opportunities and youth programs.

Email [volunteer@carefirstontario.ca](mailto:volunteer@carefirstontario.ca)  
WhatsApp Phone # 416-670-3068  
WeChat ID carefirstvolunteer

### Personal Support Worker 個人護理員 /

### Home Helper 家務助理

Carefirst Seniors is currently hiring Personal Support Worker and Home Helper for Scarborough, York Region and South Toronto communities. Please visit our career website at <http://carefirstontario.ca/about/careers/> for details. For interested parties, you may submit an application for employment to [hr@carefirstontario.ca](mailto:hr@carefirstontario.ca)