

Volunteer Visiting: A Special Bond

Watching Agnes and Mary Ann together makes you realize the importance of the **Volunteer Visiting Program**. Agnes is 94 years young and full of spice and fun. She requested a volunteer visitor when sidelined by surgery four years ago. Mary Ann was retired and wanted to connect with an individual in her community. Once Betty Filer, Coordinator of the Volunteer Visiting Program, met both Agnes and Mary Ann, she knew she had a match.

“These two women have so much in common. Both are compassionate, kind and like to have a good laugh.” noted Betty.

They describe their relationship as becoming as close as family. Mary Ann is included in celebrations with Agnes and her daughter.

Their mutual activities include gardening, having a cup of tea or laughing together.

The warmth between them is apparent. They describe their communication and understanding of each other as being at a deep and satisfying level. “We think of each other throughout the week”

More than 200 individuals have a friendly visitor each year. Clients receive support in maintaining their independence in the community and participate in interesting conversations and activities.

Clients can have friendly visitors as escorts to doctor appointments as well. There is no fee for these services.



Mary-Ann and Agnes

As a volunteer, the benefits are immeasurable. There is an opportunity to develop a special friendship and receive an immense sense of satisfaction.

The well-being of the clients is Betty’s primary concern. For further information about volunteer opportunities or being matched as a client, call Betty at 416-422-2026.



*On behalf of the Board of Directors and the staff we wish you
a Happy and Healthy Holiday Season!*

Best wishes for a Happy New Year!



Mission Statement

Community Care East York is a community-based agency committed to providing quality services that promote independence, good health, and well-being.

Vision

To be a leader in responding sensitively and effectively to community needs.

A Message from the Executive Director

There are many reasons for us to celebrate this holiday season! The announcement that came from the Ministry of Health this fall promising a \$700 million dollar investment to support an aging in place strategy. This gives recognition to the importance of community care in supporting those who wish to age in place with independence and dignity.



Community Care East York is working closely with the Toronto Central LHIN and other service providers to enhance current service and program access and to establish networks for better service delivery.

Our sector wide Back Office project remains active and we have most recently increased our newcomer and wellness programming as a result of the generous support from the Ministry of the Attorney General, The Trillium Foundation and the Women's Community Fund.

Our dedicated staff and volunteers have provided their very best to our clients this past year and we look forward to 2008 with a renewed sense of innovation and partnership to better serve our clients and community.

Best Wishes for the Holiday Season!
Daphne

Your financial support makes a difference

Seniors, caregivers, and people with disabilities are often pressured into moving into institutions as their health declines. At a time when individuals are facing deteriorating health, they are also grappling with the emotional upheaval of leaving their home. Your donations help support the wide range of wellness and in-home support services such as personal care, social work, foot care, transportation and Adult Day programs. These indispensable programs assist individuals to continue living in their own homes. Here are sample comments recently received:

"On behalf of my family, I can't say enough how important it was to us that my mother was able to live at home until she passed away. We couldn't have done it without your help."

"Thank you so much for your comforting words, kind understanding and support for my parents during a difficult time."

"I would like to thank M. for being so respectful and hardworking, I look forward to her weekly visits and her big smile!"

**Please give generously to Community Care East York
To make a donation, please complete the enclosed card or visit us at www.ccey.org
Your contribution makes a difference.**

United Way fundraising success



CCEY recently wrapped up another successful annual fundraising campaign for the United Way! Thanks to our donors, the Apple Café at 840 Coxwell Avenue and Thai Fusion at 969 Coxwell Avenue for their generous donations of lunch vouchers towards our fundraising draw.

AROUND THE AGENCY

Newcomer Elder Support Program

Community Care East York has recently received funding to start a Newcomer Elder Support Program. In partnership with Thorncliffe Neighbourhood House and Flemingdon Neighbourhood Office, the program will increase awareness of newcomer elder abuse through education, outreach and provide individual and group counselling.

Elder abuse has long been referred to as a “hidden crime”, but has recently received increased attention. Newcomer seniors are often isolated, face language barriers and may be unfamiliar of their rights in Canada.

The program is managed by social workers, Mehreen Poonja and Umbereen Inayet who speak Urdu, Katchi, Hindi, Punjabi and English. They have recently written a play that has been used as a tool for social change and to generate dialogue. The play, *Meri Kahani: My Story* has been performed throughout the GTA since its debut on May 16, 2007. They can be reached at 416-422-2026 ext 240.

For more information on the Newcomer Elder Abuse Support Program, or to make a referral, please contact 416-422-2026 ext 240

Are you caring for a loved one?

Many individuals, such as yourselves are caring for their loved ones, night and day. Without a break, you can quickly become stressed and exhausted.

Now there is an option which will meet the needs of both you and your loved ones. CCEY's **Respite Service** provides relief for caregivers of frail and vulnerable individuals. The support you receive is designed specifically to meet your needs and requirements.

Our highly qualified and compassionate workers will do light housekeeping, laundry shopping and escorting to medical appointments.

Our workers will stay overnight to give you a relaxing night sleep knowing that there is someone who can attend to your relative's needs. Service is available 24 hours a day, 7 days a week.

The cost of this valuable service is based on your income. If you choose to complete a short, financial assessment, you may be eligible for **low cost** or **free** respite relief up to 15 hours per week.

Our current private rate for Respite, Homemaking and Personal Care is \$20 per hour with no limit to the number of hours received.

Call us at 416-422-2026 to find out how you can get much needed relief.

Senior Center Update



Once again Candy Cane Magic was a great success! This annual event is a major fundraiser with proceeds this year exceeding \$17,000.00. Many thanks to all those who participated. **SPECIAL INTEREST:** Taking place at the Senior Center during the month of January and February “For the Love of your Heart”: a series of individual workshops focusing on what you can do to have a healthy heart. Look for registration details for this and other great programs and activities in the January 2008 Senior Centre calendar or contact Lois at the Senior Centre at 416-467-1166.

LET IT SNOW... LET IT SNOW... LET IT SNOW...

This winter, put down your shovel and let us take care of the snow!

Community Care East York's Home Maintenance program has students and adults available to shovel the snow. Suggested fee: Adults (Brokers): \$ 14.00 - \$16.00 an hour

Students: \$ 8.00, available before and after school

Please contact our Home Maintenance Coordinator at 416-422-2026 ext: 259

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You can reach
us on the web.



Please visit us at:
www.ccey.org

MEMBERSHIP IS FREE

As a registered member:

- You actively show your support for our agency
- You can vote at the Annual general Meeting

HOW TO BECOME A MEMBER

You can register online or call us at 416-422-2026

Planned Giving

Community Care East York has been providing vital services to seniors in the former borough of East York since 1971. We are able to maintain this level of service through the generosity of our donors. We would like you to take a moment and read through our planned giving options. Please consider giving generously to support Community Care East York. Below are some of the ways our clients and their families have chosen to give in the past.

Family and Friends

Many family and friends choose to remember their loved ones through memorial gifts to Community Care East York.

Wills

In your will you could leave a specific amount, a percentage or assets such as bonds, GICs, art or jewellery.

Beneficiary

RRSPs, Pensions, and insurance policies are great ways to make a charitable contribution to Community Care East York. Don't forget any premiums paid may also be tax deductible. It is important when considering a Planned Gift to consult with your family, your lawyer, financial advisor and/or insurance agent.

Thank You to our Funders

- Community donors
- Ministry of Health and Long-Term Care
- United Way of Greater Toronto
- City of Toronto
- Ministry of the Attorney General
- Ontario Trillium Foundation
- Women's Community Fund



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Community Care East York is a registered charity
Our business number is 11807 0294 RR0001