

## Wellness News

Want to take a break, but need to stay close to home?

Join Vacation Plus!

Vacation Plus is a preventative program for active adults.

Program includes:

- Social, recreational, cultural, and educational events
- Opportunity to meet new people
- Planned trips and outings at a low cost or FREE

For more information on call CCEY - Ask for Vacation Plus: 416.422.2026.

## Supporting Seniors at Home

At Community Care East York we understand the importance of keeping seniors and adults with disabilities independent in their community, which is why we offer in-home services.

Services include:

- 24/7 care
- Respite services for Caregivers
- Home help (housekeeping, personal care)
- Security checks

Call for a fee assessment: 416.422.2026.

Funded in part by:



# FALL WORD SEARCH

L O N G E R N I G H T S N A A U C N  
 T O R U E S T U N Y R O K C I H R I  
 M S O A Y Q E N I S I A O T R W O K  
 R C Y H N E U V S T E R F H E O P P  
 C E A A C G K I A S N O A A B R S M  
 K N D N D S E R N E D S R N M C O U  
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 L O B L W E C H E S T N U T S T R D

ACORN	COLD	FROST	LEAVES	SCHOOL	THANKSGIVING
APPLE	CROPS	HALLOWEEN	PIE	SEASON	TURKEY
BLOWING LEAVES	EQUINOX	HARVEST	PUMPKIN	SEPTEMBER	WINDY
CANNING	FALL	HAYSTACK	RAKE	SHORTER DAYS	YELLOW LEAVES
CHESTNUTS	FARMING	NOVEMBER	RED LEAVES	SQUASH	
CHILLY	FEAST	OCTOBER	SCARE-CROW	SWEET POTATOES	
		ORANGE			

Please contact us if you would like to receive your newsletter by email or if you wish to unsubscribe to this mailing list.

Email: [caregiversupport@ccey.org](mailto:caregiversupport@ccey.org)  
 Call: 416.422.2026, ask for Social Work  
 Letter: Social Work, Community Care  
 East York, 840 Coxwell Ave., Toronto, ON  
 M4C 5T2



# Community Care East York Caregiver News



Vol: 2  
 Summer/Fall  
 2011

## We Care About Caregivers

By Jason Darnell, CCEY Social Worker

At Community Care East York (CCEY), we see caregivers whom dedicate a piece of their lives to help their loved ones. Their struggles are of great concern to us because we understand that caregivers have feelings of being overwhelmed. It is our hope that this CCEY Caregiver Newsletter will help give caregivers some practical ideas and information to support the care they provide.

## ASK A SOCIAL WORKER

### What is the Caregiver Support Group?

The Caregiver Support Group offers support from a social worker and from group members who may be experiencing similar feelings and concerns.

### Who Should Attend?

People concerned about caring for persons who are elderly or have a disability.

### What does this group provide?

An opportunity to come together and discuss topics of concern, such as:

- Physical and cognitive aspects of aging
- Caregiver stress and coping
- Family relationships
- Understanding dementia
- Dealing with challenging behaviours
- In-home care
- Community supports
- Planning for the future

**Date:** Fall (October/November)

**Location:** #101-840 Coxwell Avenue (at Mortimer)

**For more information or to register call:** 416.422.2026 - Ask for Intake

### Do you have a question for a social worker?

**Email:** [caregiversupport@ccey.org](mailto:caregiversupport@ccey.org)  
**Call:** 416.422.2026, ask for Social Work  
**Letter:** Social Work, Community Care  
 East York, 840 Coxwell Ave., Toronto, ON  
 M4C 5T2



## Upcoming Events

### Bereavement Support Group

If you have lost a loved one, there is support for you. Facilitated by a professional Social Worker, this group will cover:

- Different stages of grief
- Understanding emotions
- Ways of coping after loss

Pre-registration and an initial meeting is required

**Date:** Fall (October/November)  
**Location:** #101-840 Coxwell Avenue (at Mortimer)

Individual bereavement counselling is also available.

**For more information or to register call:** 416.422.2026 - Ask for Intake

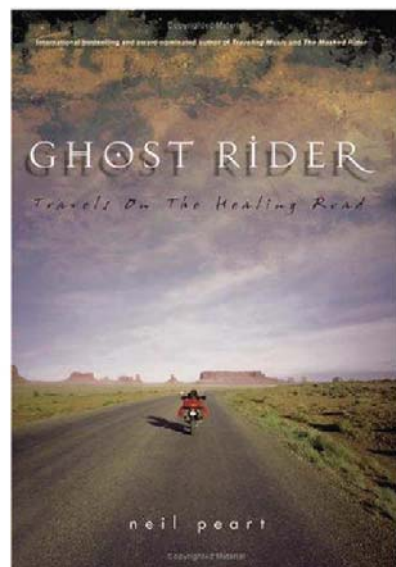
## How do you go on living when someone you love dies?

By Jay Gangursky

CCEY Social Worker, Susan Anstice: At our Bereavement Group, we share stories of love, loss and coping. Group member, Jay Gangursky, finds solace in reading and writing about grief. In this book review below, he recommends *Ghost Rider* – a “must read” memoir of living after loss.

Please allow me to praise the book *Ghost Rider* by Neil Peart. If the name sounds familiar, yes it is the same Neil Peart who is the drummer for Rush. In 1988, he lost both his daughter and wife in a span of ten months. Losing one’s entire family is an ordeal to say the least.

I, too have experienced the loss of my soul-mate, Lucy, of 36 years. His tale was poignant, informative thus transforming me into my “new life.”



*Ghost Rider:  
Travels of the Healing Road*  
By Neil Peart  
ECW Press 2002



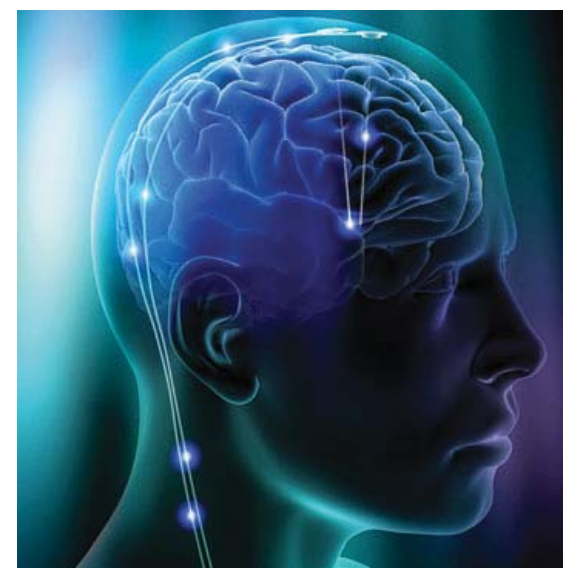
Jay Gangursky, CCEY Bereavement Group Member

A reviewer annotated, “This crisply written book is part travelogue and part therapeutic catharsis. It resonates with humour and grief and ultimately personal triumph.”

I have written a journal commencing nine days after Lucy’s death. It contains my activities for that day and my ranting of feelings. One is urged to inscribe one’s thoughts on paper or it will be deposited in the brain and lost forever.

Between group counseling, one-on-one sessions with Susan at CCEY, and this book, I have three avenues to move forward. *Ghost Rider* is a must read for both clients and counselors. A close knit family also helps.

I wrote to Neil Peart thanking him for sharing the most difficult time of his life. In my post script, I wrote: “someone once said love is not whom you live with, it is who you can’t live without”- I am trying.



## Mental Health Facts

Mental health disorders have been a source of stigma. It does not help that the media portrays people with mental health issues as violent or dangerous. In this piece on mental health facts, we address popular myths that stigmatize people with mental health issues.

**Fact:** It is not normal for older adults to be depressed. Depression may be undiagnosed because symptoms like loss of interest in activities, sleep, and appetite disturbances, are viewed as normal signs of aging. It is important for seniors and their family members to recognize that these symptoms may be signs of depression and that treatment is available.

**Fact:** Depression does not result from personality weakness and people with depression cannot just snap out of it. Depression results from changes in brain chemistry and has nothing to do with being weak. Medication and psychotherapy can be effective in helping people recover.

**Fact:** Many people with mental health disorders live full lives that include school, work, caring relationships, parenting, etc. Stigma often holds people back from disclosing that they have mental health disorders. Several famous people have told their personal stories as a way to reduce stigma; these include James Bartleman, former Lieutenant Governor of Ontario, Lieutenant-General Roméo Dallaire, and former Toronto Maple Leaf Ron Ellis.

Information sourced from the Canadian Mental Health Association: [www.cmha.ca](http://www.cmha.ca)