



# Community Care East York Caregiver News



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Winter/  
Spring 2011

## WHY HAVE A CAREGIVER NEWS-LETTER?

Caregivers who are involved with the physical and emotional aspects of day-to-day care often experience feelings of loneliness, anger, guilt, grief and frustration. It is common for caregivers to feel overwhelmed, or “trapped” by the demands of trying to provide the best for a loved one. The caregiver role can be further complicated if friends and family fail to recognize the enormity of this task.

Sometimes the first step in understanding these feelings may be to hear - or read – that others feel the same way, and to exchange ideas on coping, self care, and the value of care-giving. In this newsletter we reach out to caregivers to offer our support through exchanging knowledge and ideas on the value of care-giving and the importance of self-care for caregivers.

## ASK A SOCIAL WORKER

How can Community Care East York help caregivers?

- Our **Registered Social Workers** can help by providing individual consultation, counselling and links to other services that may benefit both the Caregiver and the recipient of care.
- Our **Adult Day Program** can provide respite for caregivers while their loved one is participating in social activities in a safe and caring atmosphere.
- Our **Caregiver Support Group** offers support from a social worker and from group members who may be experiencing similar feelings and concerns. Education and information are exchanged in an open and supportive atmosphere. Emphasis is placed on self-care to maintain the caregiver’s own health and well-being.

Do you have a question for a social worker?

Email: [caregiversupport@ccey.org](mailto:caregiversupport@ccey.org)

Letter: Social Work, Community Care East York, 840 Coxwell Ave., Toronto, ON M4C 5T2



## Upcoming Events

### Understanding Elder Abuse - May 4, 2011

Presented in partnership with the Ontario Network for the Prevention of Elder Abuse, you will:

- Learn how to protect yourself and your loved ones against financial abuse
- Learn how to support someone who is experiencing abuse
- Connect with community resources that can help you

Date: Wednesday, May 4, 2011

Time: 11:00 a.m. to 1:00p.m.

Location: 12 Thorncliffe Park Drive, Recreation Room

To register: call 416.422.2026 and ask for a Social Worker

# Festivity & Caregiving: a personal memory

By Philomena Lee

Chinese New Year, also known as Spring Festival, was celebrated on February 3rd this year. This important festival is celebrated by East Asians and signifies the coming of Spring.

When I was a child my mother decorated our home with red paper couplets and vases of pretty blossoms; she spent days preparing all kinds of celebratory foods. A week before New Year she would do heavy house cleaning to sweep away bad luck, and pay any debts to guard against misfortune.

To show respect to our departed relatives - who were believed to lay the foundations for the family's fortune - she would fold gold and silver paper money as offerings to be burnt with incense.

Reunion dinner, celebrated on Chinese New Year's Eve, was very important. My



Philomena Lee, CCEY Social Worker

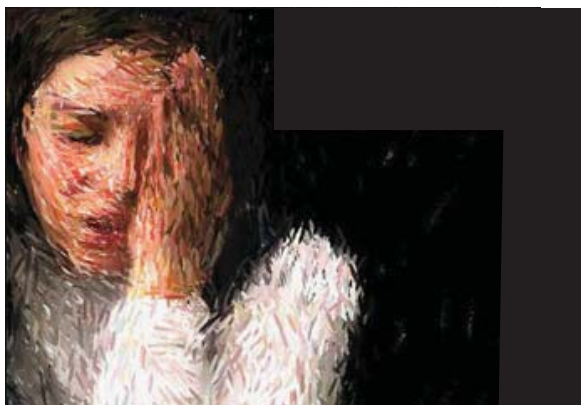


mother would ask us to “watch the old year out and bring in the New Year,” and so the children stayed up until the wee hours of New Year's Day.

On the first day of the New Year we offered our best greetings to our parents and superiors. My mother had made up red envelopes containing lucky money and our whole family visited relatives to distribute the envelopes with our blessings.

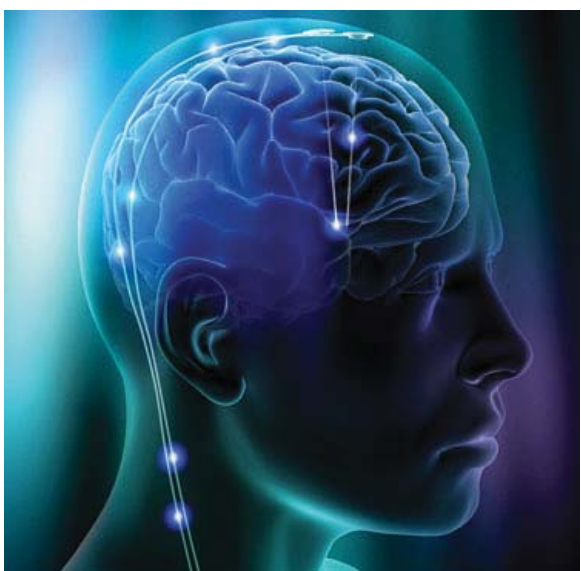
My mother made sure to avoid misfortune by observing New Year taboos. Floors were not swept nor garbage disposed of for fear of casting out “riches”. Cursing and quarreling were also forbidden; and anyone who broke a dish must quickly say “Peace for all time.”

My mother worked so hard at New Year to ensure the well-being of our family and memories of her dedication to caring for our family are still fresh in my mind.



# Mental Health Myths

Over the centuries mental health disorders have been a source of stigma. This is not helped by media portrayals of people with mental health issues as violent or dangerous. In the first of this series on mental health myths, we address popular myths that stigmatize people with mental health needs and also make them less likely to seek help.



**Fact:** Like other illnesses, mental health disorders are legitimate medical illnesses. Research shows that there are genetic and biological causes for these disorders – and that they can be treated effectively.

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**Fact:** People suffering from mental health disorders are often vulnerable, and feel frightened, confused and despairing. Statistics show that the incidence of violence among people with mental health disorders is not much different to that of the general population.




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**Fact:** Schizophrenia is not the same as multiple personality disorders. People with Schizophrenia may have difficulty thinking clearly and logically. Symptoms can range from social withdrawal to hallucinations and delusions. Treatment is available and can help people lead fulfilling and productive lives.



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

## Wellness News

Want to try something new?

Come and take advantage of the Community Care East York wellness programs and events taking place each month including trips, dining programs, fitness classes, workshops, special events, health and wellness clinics, and more.

Stay active by volunteering with us! From assisting in one of our programs to providing friendly visits to an isolated senior, we have a position that will match your skills and interests.

For more information on the Wellness Programs or Volunteer Opportunities available please contact us: 416.422.2026.

## Transportation News

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 transportation services. We arrange rides for medical appointments, shopping, and social activities, and the service includes door-to-door personalized service. This service is priced according to mileage; however, group rates are available. Call today for more information: 416.422.2026.

Funded in part by:



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East York, 840 Coxwell Ave., Toronto, ON  
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