

Keeping fit at the Adult Day Program

Five days a week, Community Care East York's Adult Day Program provides stimulating care for frail and/or cognitively impaired seniors and older adults as well as respite for their caregivers. Dedicated trained professionals provide clients with support and assistance in programs and performing activities of daily living. The activities are designed to maintain and increase physical abilities, cognition and quality of life.

Three days a week, Peter is picked up by the Community Care East York van from his home and taken to the program. Keeping in shape is part of Peter's regular routine at Community Care East York's Adult Day Program where he enthusiastically participates in the games and activities. He looks forward to completing the exercises with Laura and giving Clinton a hard time. He also enjoys the interaction with the other clients during morning snack and lunch.

As his daughter Mary notes "the program is an alternative to long term care. He has shown an improvement in his overall health since he started." Both his doctor and gerontologist have remarked to Mary that that he is much more alert since he started at the Adult Day Program. The staff are very attentive to Peter's individual needs ensuring his time at the program is enjoyable. He takes great pleasure relaying his day at the program to his daughter. During a recent fire drill, he explained that "being a gentleman, I let the women go first."

Transportation to the Adult Day Program can be arranged. The program operates Monday to Friday from 10:00 a.m. to 3:00 p.m. at 840 Coxwell Ave. Suite 101. For further information about the program please call 416-422-2026.



Laura helps Peter take his turn at bowling.



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



Mission Statement

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

A Message from the Executive Director



The holiday season is fast approaching marking the end of yet another successful year! 2009 saw a number of celebrations at CCEY: the 20th anniversary of the Senior Centre in June, the annual volunteer recognition event for all programs in September recognizing the significant contributions made by our volunteers to CCEY, and the recognition of our frontline staff in October in celebration of Community Care Worker Week. We are also celebrating our success as a selected community agency to exhibit our Integrated Wellness and Supportive Housing model at the annual Ontario Hospital Association conference Health Achieve held in November which recognizes the work of CCEY as a leader in integrated wellness and supportive housing programming. We continue to work closely

with the Toronto Central LHIN, Toronto East General Hospital, the Community Care Access Centre and our community partners in the development of innovative networks to enhance access and improve quality of service delivery. Through the “Aging at Home” third year call for proposals released this October, we plan to strengthen our supportive housing. In the new year we will embark on a strategic planning process and invite you to participate as we map the future of CCEY.

I would like to thank staff and volunteers for their tremendous effort and commitment put forth throughout the year and look forward to continued success in 2010.

Best Wishes for the Holiday Season!

Daphne Doak, Executive Director

Dear valued clients, members, volunteers and caregivers:

As CCEY embarks upon Strategic Planning over the next couple of months, we would like to include you in this process. Your active and candid participation is essential in our planning process as you have valuable insights into the service needs of our community.

We invite you to respond to a survey questionnaire as outlined in the yellow insert. Your anonymous replies will be used to develop trends to shape the future of CCEY. In addition we are also offering you an opportunity to attend a Strategic Planning Tea on January 18, 2010 from 2:00 - 4:00 p.m. in our boardroom located at 840 Coxwell Ave., Suite 303. Space is limited. To ensure your participation please call 416-422-5603 ext 840 and follow the prompts.

Your input is greatly appreciated.

Sincerely,

Daphne Doak, Executive Director

Your donations 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.

**Please give generously to Community Care East York
To make a donation, please complete the enclosed form and mail back
or visit us at www.ccey.org**

Volunteering

for the fun of it!

On September 24th Community Care East York held its annual Volunteer Recognition dinner. With 160 volunteers in attendance, the evening was a great success! This event was a great opportunity to thank all our volunteers for their hard work and dedication and recognize those who have contributed 5, 10, 15 and 20 years of service. CCEY's programs are enriched with the invaluable assistance of our many wonderful volunteers. **THANK YOU!**



Staff and volunteers gather for CCEY's annual Volunteer Recognition dinner.



Volunteers are invaluable to:

- Escort seniors and adults with disabilities to medical appointments
- Visit seniors in their home
- Share crafts or hobbies with students
- Publicize the agency in East York

Multicultural celebrations

Over the past year, the Healthy Futures program has been entertaining members at the Senior Centre with an assortment of multicultural events. It was a pleasure to see members from various CCEY programs - Seniors Centre, Vacation Plus, Healthy Futures and the Chinese Seniors group come together to enjoy food, music and dance from around the world.

The Caribana festival featured the music and culture of the Islands while the Mid-Autumn Festival celebrated one of the most important dates on the Asian calendar. We also enjoyed a South Asian festival with music and dance provided by members of our own programs. Our around the world tour also included a Harvest Festival where we learned about the traditions and crafts of Native Canadians. Stay tuned for more world events in the coming new year.



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: \$ 10:00 an hour, available before and after school.



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

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Thank You to our Funders

- Community donors
- Ministry of Health /Long-Term Care
- Toronto Central LHIN
- United Way of Greater Toronto
- City of Toronto
- New Horizons

Agency Membership is FREE

As a registered member:

- You can vote at the Annual General Meeting
- You will receive the agency newsletter

To become a member

You can register online at www.ccey.org or call us at 416-422-2026.

Your donations counts

- Your donations help us to provide a wide range of services for seniors and adults with disabilities to live with dignity in their own homes
- Your donations are put to work to assist over 3,000 individuals living in the East York area.
- Your donations allow us to provide services free or at nominal cost.

Careful consideration is always given to the use of your donations.

Memorial Gifts

Family and friends remember their loved ones through memorial gifts to Community Care East York.

Celebration Card

Anniversaries or birthday can be celebrated with a donation to Community Care East York.

Wills

Specific amounts and assets such as bonds or GICs can be left in wills.

Services

- **IN HOME SERVICES**
Personal Support Workers, Personal Care, Home Making, Respite, Supportive Housing, Home Maintenance, Transportation.
- **SOCIAL WORK AND CHRONIC DISEASE MANAGEMENT**
Health Promotion Clinic (Foot Care, Blood Pressure, Diabetes), Intake Counselling, Social Work, Nursing, Caregiver Support/Bereavement, Mental Health.
- **WELLNESS AND VOLUNTEER PROGRAMS**
Prevention Planning and Design, Health Education, Social Activities, Volunteers, Adult Day Program, Chinese Seniors.



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