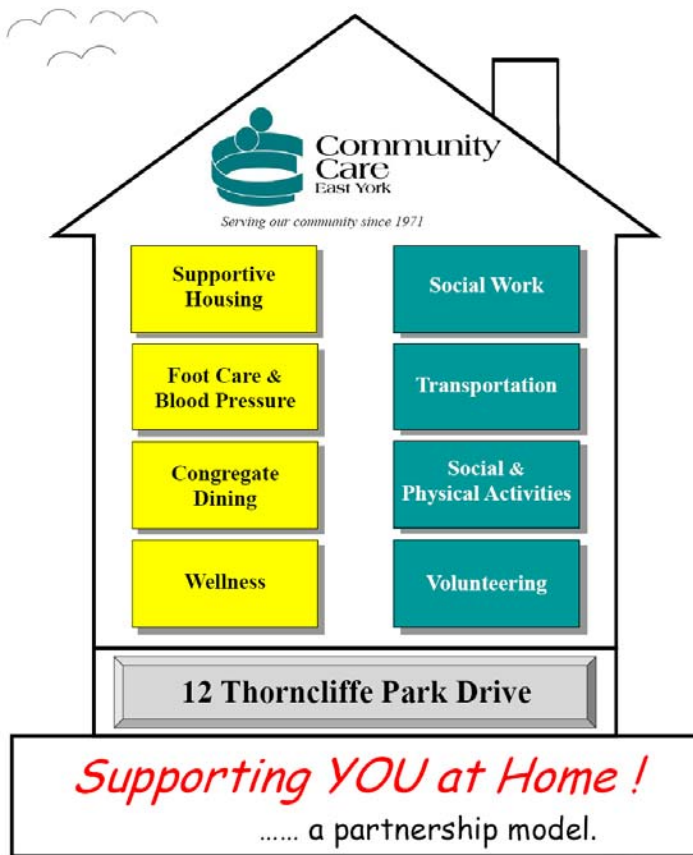


Supporting You at Home



Residents of 12 Thorncliffe Park recently attended the launch of expanded supportive housing services and new wellness programs. Funding received from the Toronto Central Local Health Integration Network (TCLHIN) will allow Community Care East York (CCEY) to provide more personal care to clients.

This initiative links supportive housing service with wellness programs and develops an integrated system of care.

CCEY is now offering a comprehensive package of activities and programs including congregate dining, foot care and blood pressure clinics, information sessions on health issues and group transportation trips to local shopping areas.

Dorina Rico, Director of Client Services, explains: "Our partnership model, called "Supporting You at Home" promotes mental and physical health by encouraging independence, providing opportunity for socialization, friendship and a secure living environment".

This announcement was met with great enthusiasm by the residents of 12 Thorncliffe Park.

*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.

Vision

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

A Message from the Executive Director



The holiday season is fast approaching marking a successful ending to our year! CCEY was awarded accreditation status for the second time by Accreditation Canada this past July. This distinction highlights the high standard of care that is given to our clients and the skill of our workforce to deliver this care. Congratulations on an excellent job by the entire team!

CCEY also secured additional Aging At Home funding for its Thorncliffe supportive housing building. In partnership with other community organizations we are moving forward with enhanced personal support, homemaking services and wellness programming to provide improved care and health outcomes for our seniors.

We continue to work closely with the Toronto Central LHIN to collectively find solutions for improved co-ordination and integration of services within our community. A new program focus for the next two years will be on Chronic Disease Management (Mental Health and Diabetes). These new programs will support adults and seniors with chronic diseases so that they may live independently in the community.

I would like to thank volunteers and staff for their tremendous effort and commitment put forth throughout the year and look forward to continued success in 2009.

Best wishes for the Holiday Season!

Daphne Doak, Executive Director

Your donations makes a difference

Donations are invaluable to our agency and your generosity allows us to continue helping seniors and older adults with disabilities to live independently in their own home. Thank you notes received from clients and caregivers include:

“You folks were so good to my mom for so many years. The Supportive Housing program is just great, and gave a lot of assistance to mum and kept her in her apartment. She wouldn’t have been able to stay in her own home without the care.”

“Having your staff help me twice a month has made my life easier. I can sleep on clean sheets and it helps me feel better when the place is clean and fresh. I hope it will be possible to do so for a long time. Thank you again for being so kind and caring”.

“Several months have gone by since mom passed away, yet your care for her during her last days remains in our memories.”

**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**



We need volunteers to ...

- Escort seniors and adults with disabilities to medical appointments
- Visit seniors in their home
- Share crafts or hobbies with students

Please contact **416-422-2026** for other volunteering opportunities

Around the agency

Stretching and Pumping at 12 Thorncliffe Park Drive



Assar and Gulbanu have recently been getting together with their friends to pump iron. Katherine Hobal of CCEY, guides the residents at 12 Thorncliffe Park Drive in stretching, balancing, and sweating their way to overall improved health. Thanks to the generous funding from both the Ontario Trillium Foundation and the Toronto Central LHIN "Aging at Home" strategy, over 25 participants now make fitness a part of their Monday afternoon schedule.

Residents can also participate in many other activities now being offered in their building by Community Care East York. From a monthly congregate lunch program to a variety of wellness themed presentations and workshops, there's something for everyone.

Learning and Sharing



The Intergenerational Learning Communities (ITLC) program connects grandsons and grade 5 students to share crafts and hobbies. Here Sonia Singh, a volunteer with the ITLC at Thorncliffe Public School, is teaching the students in grade 5 Puff Quilting.

Vacation Plus Trips and Outings

The Vacation Plus Program offers fun day trips and outings. Here members enjoy a lunch out together at the Astoria restaurant on the Danforth. Lunches are a great way of meeting new friends and getting the "scoop" on upcoming events.



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

Board of Directors

Officers

Barb Oyler, Co-Chair
Gabrielle Bochynek, Co-Chair
Susan Tremblay, Vice-Chair
Barbara Baca, Treasurer
Eileen Ryan, Secretary

Directors

Helen Berezansky
Brian Cass
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Pamela Davis-Ross
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Chris Istanbul
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Thank You to our Funders

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

Membership is FREE

As a registered member:

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

To become a member

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

Why donate?

- 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 use of your donations.

Memorial Gifts

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

Happy Occasions

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.



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