

New van promotes independence

Relying on Community Care East York's transportation service has been invaluable to Karl Strigl's independence. Due to difficulty in walking, he has relied on our door to door transportation service to get him to all his medical appointments for over three years. He finds the cost very reasonable and the drivers friendly. He notes "The service is a big help. They pick me up at my door and deliver me back to my door. I can't ask for more"

Community Care East York's Transportation department is on the go five days a week, from 8am to 4pm. The program coordinator, Joan Menzies, schedules four vehicles including a wheelchair accessible van to assist over 300 clients. The priority of the program is to ensure clients get to their medical appointments. However, clients can also book the vehicles for personal outings such as shopping and the hair dresser.

"Coordinating their own outings gives clients a sense of independence" notes Joan. "Because clients get to know me as well as the Program Driver Assistants, they are secure in knowing they will have a safe and reliable trip."

With a grant from The United Way of Greater Toronto, Community Care East York has recently purchased a new van to address increased demand for client transportation. Through the Toronto RIDE program, a collaboration between agencies offering transportation, even more clients will be accommodated for transportation requests.

Reasonable rates are based on mileage. We can even drive you to appointments to downtown hospitals. For information about this personalized service, call Joan Menzies at 416-422-2026



Transportation Program Driver Assistant Karim Nanji assists Karl Strigl into the new CCEY van.



*On behalf of the Board of Directors and the staff, we wish you
a safe and enjoyable summer!*



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



After a long winter of much snow and overcast days we look forward to the warm days of Spring as we continue to grow our programs and partnerships.

We are always reassessing the needs of our clients and our changing demographics and welcome feedback from our stakeholders. These findings are incorporated into the development of new programs. We look forward to your comments and support.

This month we celebrate our many volunteers, from our Board members through to those who provide specific program support, all of whom donate many hours of invaluable service to CCEY. A sincere 'Thank You' to all! Your time is very much appreciated.

As always, our organization demonstrates a focused commitment to continuous quality improvement. We are currently preparing for our accreditation on site survey visit this May with the Canadian Council on Health Services Accreditation. We welcome surveyors for the second time to Community Care East York. I would like to commend all staff and volunteers for their efforts in preparing the organization for this important event.

Your donations makes a difference

How do we put your donations to good use? Your donations help support the wide range of wellness and in-home support services such as personal care, social work, foot care, transportation and the Adult Day Program. 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.

" Since by husband passed away a few years ago, I have tried my best to continue to live in my apartment. But I soon realized I needed some extra help, so I called CCEY. They were quick to send a worker to help me with my meals and my bath. She noticed that I needed help with my feet and arranged for a nurse to visit me to do my nails. I don't know what I would have done without them!"

Mrs. M.

**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 ...



Around the agency

Healthy Futures

An exciting, new program that has been designed to meet the needs of seniors living in East York with the support of the Ontario Trillium Foundation. Programs include cooking classes and healthy eating tips, low-impact fitness, group games and information sessions on health related topics such as Alzheimer and Osteoporosis.

These programs are open to everyone in the community and are offered in a social setting at our three supportive housing sites – 12 Thorncliffe Park Ave., 266 Donlands Ave. and 9 Haldon Ave. Programs are run by Katherine Hobal, a specialist in recreational planning for seniors. Please contact Katherine at **416-422-2026** for program dates or times.

Keep a look out for our Healthy Futures flyers posted in the supportive housing buildings.



Come and join us for this annual free exciting event celebrating East York's multicultural heritage through song, dance and fashion. Entertainers include Bollywood singer Swetalina, East York's Chinese Choir, Rumba Dancers, Greek, Filipino and South East Asian fashions and much more!

Refreshments will be served with tasty treats from around the world.

Friday May 30th from 1:30 p. m .to 3:00 p.m. in CCEY's Senior Centre located at 1108 Greenwood Avenue (Cosburn and Greenwood Avenues)



- **O'Connor House** will be hosting its annual barbeque for residents and their families on Sunday June 3rd at 2:00 p.m.
- The **Adult Day Program** will be hosting its Annual Caregiver Barbeque on July 22nd

Seniors Wellness Fair

Join us on June 12th, from 10:00-3:00 p.m. at 266 Donlands Avenue for our annual Seniors Wellness Fair. Workshops and information booths from local agencies and other services.

FREE ADMISSION - FREE LUNCH BBQ - FREE MESSAGES

ANNUAL GENERAL MEETING

Community Care East York will be holding its Annual General Meeting on June 16th from 11:15 a.m. to 2:00 p.m. at the Senior Centre located in the Cosburn United Church at 1108 Greenwood Ave. Peter Silverman, of City TV's "Silverman Speaks" will be guest speaker. For additional information or to **R.S.V. P.** please call **416-422-2026 ext 222.**

SPRING IS IN THE AIR....

Check out Community Care East York's Home Maintenance Program!

Our students and adults can help you with : ▪ Gardening ▪ Lawn mowing ▪ And much more!

We also offer the services of a handyman to help with small scale interior and exterior chores.

To arrange for one of these services, please call **Joan Menzies**,
Home Maintenance Coordinator at **416-422-2026 ext. 259**



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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
- Women's Community Fund

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. Premiums 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.



For up to date information on agency events, calendars and programs 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

To become a member

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



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