

## *Joining the “100th Birthday” Club!*

What 100 year old person hops on a bus to attend the weekly Euchre card game winter and summer at Community Care East York’s Senior Centre? It’s Nell Whitten, that’s who.

Nell has enjoyed the companionship and stimulation of meeting friends at the Senior Centre for many years. Her self-description as ‘the old lady’ does not do her justice. She enjoys the laughs and treats at the Senior Centre and contributes to the good times with her card partners.

Nell has lived in the East York area for over 70 years. She and her husband raised two special daughters and now she enjoys the time spent with her four grandsons and five great-grandchildren. The close relationship she shares with her family contributes to her positive outlook on life.

As a retired assistant chef, she knows the benefits of eating well. ‘I make sure I eat the right kind of food. I particularly like vegetables.’

She keeps busy by doing her own shopping, laundry and cleaning although she notes that ‘maybe next year I’ll get some help when I get old.’

Nell, you will never get old with your great attitude! All your friends at Community Care East York wish you good health and great hands at cards!

The Senior Centre located at 1108 Greenwood Avenue offers activities for those young at heart like Nell. Exercise classes, belly dancing, discussion groups, diabetes support groups, trips, movies and carpet bowling are just a few of the many activities held monthly. For further information, call 416-467-1166



Nell concentrates on her next move at one of her weekly Euchre games at the Senior Centre.



*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



Spring is here at last and the air is filled with new optimism for our programs and services at CCEY. In spite of the economic 'doom and gloom' that has prevailed this past year we at CCEY are hopeful for the future and continue to focus on our strengths by building new programs and encouraging new and innovative ideas.

Further expansion of our integrated wellness and social work programs at our various supportive housing sites has benefited many seniors wanting to remain at home in the community. Demand continues to increase for our transportation services which enables our clients to travel safely to medical appointments, shopping trips and special events.

New partnerships have been created most recently in the Thorncliffe and Flemingdon Park areas as a result of our efforts to collaborate and lead the community support sector into the future. Ongoing commitment from staff and volunteers has contributed to our success and these efforts are greatly appreciated by the clients we serve.

Warmest regards, Daphne Doak

## 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. These indispensable programs assist individuals to continue living independently in their own homes.

*"The days my father spends in the care of your wonderful Adult Day Program staff allows my mother to have some personal time for herself. My father comes home happy and content thanks to the variety of activities offered . Thank you so much! "*

G.H.

**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](http://www.ccey.org)**

## 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

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

## Volunteer Recognition event coming this fall.

Volunteers play an integral part of Community Care East York and on September 24th we will be honouring and recognizing them for their ongoing support of our various programs. They generously donate their time in the spirit of making their community a better place to live. Look for the Volunteer Recognition Invitation this summer.

## Around the agency



Community Care East York staff are constantly 'out and about' in the community at local fairs and special events. Here Brenda Mandville, Gayle Zack and Betty Filer promote CCEY programs and services at a Toronto East General Hospital Fair. Look for the CCEY brochure at hospitals, libraries, community centres and across East York.

### ***Board/Staff Meet and Greet***

On April 21<sup>st</sup>, the Board of Directors of CCEY and staff got together for the annual "Meet and Greet". Staff from the Wellness, Social Work and In-Home Support departments displayed program information. Good food and conversation was enjoyed by all!



From left: Duane Gonsalves (staff) Barb Baca, Board Treasurer, Marney Bowden (staff) and Sarah Downey, Board Director.

### ***Congratulations!***

CCEY's Senior Centre recently celebrated 20 years of providing programs and activities for older adults living in East York! To commemorate this milestone the Senior Center is hosting an indoor summer picnic on June 19<sup>th</sup> with entertainment and a special memory book filled with stories, pictures and poems contributed by the members. If you wish to attend please call 416-467-1166.



### ***Learning Organization***

In keeping with our commitment to remain at the forefront of best practice in providing quality care to our clients, CCEY offers a wide range of training and professional development to agency staff and volunteers.

- In the past year, 67 Community Care Workers completed a total of 1400 hours of training on: CPR/1<sup>st</sup> Aid, Elder Abuse, Body Mechanics, Medication Reminders and Assistance, Infection Prevention and Control, Food Handling, Lifts and Transfers, Diabetes, Renal Disease, Back Care, Bladder-Bowel Routine and Workplace Violence Prevention.
- Sarah Blackwood, CCEY Wellness manager, and Katherine Hobal, CCEY Healthy Futures Coordinator, recently completed their Falls Prevention Trainer Certification and are leading training sessions for other CCEY staff.
- CCEY Volunteers have attended workshops on "Conflict Resolution" and "Managing Stress with Laughter".
- Through partnerships, CCEY also offers a wide range of high level training opportunities.

### **ANNUAL GENERAL MEETING**

Community Care East York will be holding its Annual General Meeting on June 8<sup>th</sup> from 11:15 a.m. to 2:00 p.m. at CCEY's Senior Centre located in the Cosburn United Church at 1108 Greenwood Ave. Guest speaker Judy Suke will present "Let Laughter Lighten the Load". For additional information or to **R.S.V. P.** please call **416-422-2026 ext 222**.



### **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.

For fees and booking information, please call **416-422-2026**

## Board of Directors

### Officers

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

### Directors

Helen Berezansky  
Gabrielle Bochynek  
Brian Cass  
Anette Chawla  
Pamela Davis-Ross  
Doris Ditner  
Sarah Downey  
Chris Istanbul

## 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

## 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](http://www.ccey.org) 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 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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[www.ccey.org](http://www.ccey.org)

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