



**Community
Care** East York



Serving our community since 1971

NEWSLETTER Vol. 6

Spring/Summer 2010

Seeing the Sites with Vacation Plus

Community Care East York continues to offer its members opportunities to age well.

From navigating through the Trenton Canal, to dining at some of the coziest restaurants in Toronto, Vacation Plus offers its members opportunities to age well. Wellness means striving to achieve the optimum state of health and well-being that you are capable of achieving. Community Care East York's Vacation Plus Program has been creating opportunities to enhance wellness since 1978 and over the years we have enjoyed entertaining events across Ontario. We have sipped tea at the Ontario Legislature, seen the best of what Stratford has to offer and engaged in wonderful opportunities to enjoy life.

With over 550 members, Vacation Plus is a city-wide program that offers activities that are designed with the 50+ age group in mind. Members enjoy theatre, music, arts and culture, museums, lunches, the great outdoors, health education opportunities and much more. Events range in price and include many low cost and free activities. Members report that the Vacation Plus Program is served up on a silver platter and members are ready to eat...literally. Members enjoy planned activities with all the details taken care of and all they have to do is register and show up.

This summer, Vacation Plus will have outdoor walks, a journey to space, thoroughbred racing, trips out of town to enjoy Ontario's beauty and culture and much more.

Come and join us at one of our events, we assure you that you will be getting a Vacation, Plus an enjoyable experience that will last a lifetime.

For additional information or to become a member please contact our Vacation Plus Coordinator at 416-422-2030.



1000 Islands Senior Fun & Sun at the Colonial Resort & Spa, Gananoque 2009



*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.



Daphne Doak
Executive Director

A Message from the Executive Director

The year 2009 was one of celebrations and further program development with our community partners emphasizing wellness and health promotion.

In June with a “full house” of long time members, guests, former Executive Directors and Board members, we celebrated 20 years of active Senior Centre programming. In September we held a volunteer recognition event at the York Reception Centre to celebrate many years of service and dedication by our volunteers.

In the fall we engaged all stakeholders to take part in our strategic planning process. We very much appreciated their time, commitment and valuable input that will help shape our future. With a new strategic plan in hand in June, we will aspire to be a leader in the provision of community services for seniors and adults with disabilities. Preparations began in the winter for our third re-accreditation survey to occur in June of 2011. While CCEY is not a stranger to Accreditation Canada’s new Qmentum process, standards change over time and there are always continuous improvements to be made and new opportunities presented that allow us to do better and enhance our client’s experience with CCEY.

In response to increased demand for in-home services, we also launched a new full fee program “Supporting You at Home” offering in-home and support services.

In addition to our dedicated staff and volunteers, we are very fortunate to realize continued financial support from the community we serve. These contributions enhance the success of our programs to meet the increasing needs of our clients. Your continued support is greatly appreciated.

In Honour of Jean Green (1931-2010)

It is with regret that we share the sad news of the sudden passing of former Executive Director-Jean Green, in April 2010. Truly a remarkable lady, Jean was instrumental during her 15 year tenure at CCEY in establishing many of the programs the community currently benefits from today. She will be missed by many. Our sincere condolences are sent to her family. A donation has been made to the Jenny and Jean Green Social Justice Fund at Ryerson University.

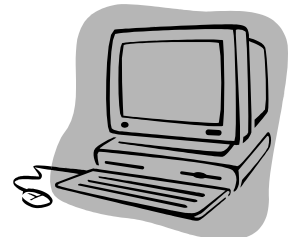
Your donations make a difference

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**

PLEASE JOIN OUR MAILING LIST

If you are interested in receiving communications such as newsletters, annual reports, event calendars and more through email, please email us at admin@ccey.org and ask to be added to our email list.



Community Care East York will be holding its Annual General Meeting on June 3rd from 4:00 p.m. to 6:00 p.m. at 840 Coxwell Ave, Suite 101 (Coxwell and Mortimer) Members are invited to attend to meet, share information and vote on agency business. If you are unable to attend, you have the right to vote by proxy, should you wish to do so please contact Louise Lalonde at 416-422-2026 ext 222. Our guest speaker will Joe Bornstein, President of the Ontario Gerontology Association. Dessert, tea and coffee will be provided.

Please R.S.V. P. to 416-422-2026 ext 222 by May 26, 2010

NATIONAL VOLUNTEER WEEK APRIL 18 – 24, 2010



VOLUNTEERS
FROM COMPASSION TO ACTION



VOLUNTEER
BÉNÉVOLES
CANADA

Volunteering is a wonderful way to enhance your life and lives of people living within the community. Many Canadians are generous when it comes to enhancing the lives of others. Every year, 12.5 million volunteers give their time, energy and skills to make our communities better. Here at Community Care East York, we are truly thankful to have over 300 volunteers who are dedicated to supporting and enriching their community. Thank you to all who give in so many special ways.

With the success of last year's Volunteer recognition event, we are looking forward to getting together again in September to celebrate our successes and recognize the important work of our volunteers. More details will be available soon, however here is what our volunteers are saying about last year's event:

"Was privileged to meet and interact with other volunteers and didn't realize the range of volunteers who serve our seniors"

"A lovely evening had by all." "Couldn't have been better!"



**Supporting
YOU
at Home**

Specialized services for seniors, adults with disabilities and caregivers.

- ▶ Personal care
- ▶ Light housekeeping
- ▶ Footcare
- ▶ Transportation
- ▶ Caregiver Relief
- ▶ Counselling
- ▶ Wellness Programs

416-422-2026

www.ccey.org



Diane Sanborn, RPN

"You saved my life!"

CCEY Wellness programs promote disease prevention and positive intervention to avoid illness and improve quality of life. Clients can visit with CCEY nurse, Diane Sanborn, at one the CCEY Blood Pressure clinics held every Friday at 12 Thorncliffe Park Dr. and once a month at 9 Haldon Ave. and 266 Donlands Ave. One of many positive interventions occurred at the clinic just before Christmas. On this day, a client attended the CCEY clinic for his regular blood pressure appointment and Diane noted an unusually high reading. The client was not exhibiting signs of distress and stated he felt no symptoms. Diane took his blood pressure three more times with the same results. She knew from conversation with him that he had a history of stroke in 2002, but there had been little follow up with his doctor since the incident. Diane encouraged him to seek medical attention as soon as possible and offered to contact his family to inform them of the situation. The client thanked Diane for her concern and said he would seek medical help on his own. The following week, the client made a point of finding Diane to let her know of his recent hospitalization. He stated "You saved my life!". He explained that the day of the clinic he brought himself to Toronto East General Hospital where he was admitted for two days while the doctors worked on getting his blood pressure down which they felt was "dangerously high". When the doctor asked him "What made you come in without symptoms?" he explained about his visit to the CCEY clinic to which the doctor replied "This most likely saved your life." The client is now taking his blood pressure medication and seeing his doctor regularly. Because often there are no symptoms with high blood pressure, many older adults stop taking their medication and this could lead to serious problems.

At the CCEY clinics, emphasis is put on teaching clients about the role of medications, healthy eating and exercise. Clients are encouraged to make healthy lifestyle choices, visit their doctor regularly and follow their doctor's advice.

Board of Directors

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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 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 count

- Your donations help us to provide a wide range of services for seniors and adults with disabilities continue 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,



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