



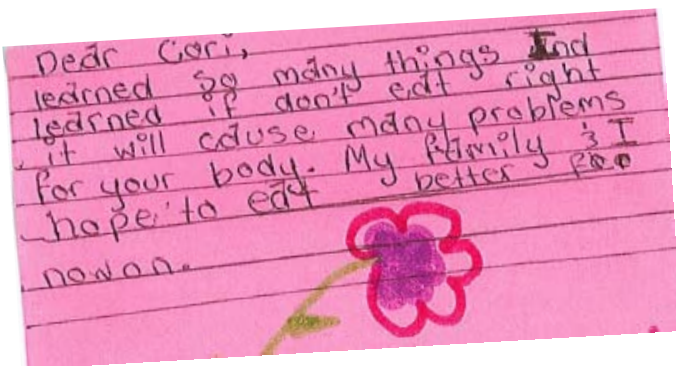
Building Healthy Communities through CCEY's Intergenerational Program

Community Care East York's Intergenerational Teaching and Learning Communities (ITLC) Program provides opportunities for seniors aged 50 plus and grade 4/5 students to engage in meaningful activities and form mutually beneficial relationships. Our senior volunteers lead arts, crafts, hobbies and special activities with students on a weekly basis in fourteen East York schools as part of the school curriculum.

In partnership with the South East Toronto Stroke Network and the Toronto District School Board a new ITLC pilot program, "Building Healthy Communities Across the Lifespan", was recently implemented at Secord Elementary School with the grade 5 students. Our senior volunteers lead cooking classes with a focus on nutrition, food safety and stroke prevention. As team champions they played an important role in promoting healthy eating, fitness and a positive attitude towards aging. With the increase in childhood obesity and chronic disease, this program highlighted the importance of a healthy and active lifestyle to ensure a long a happy life.



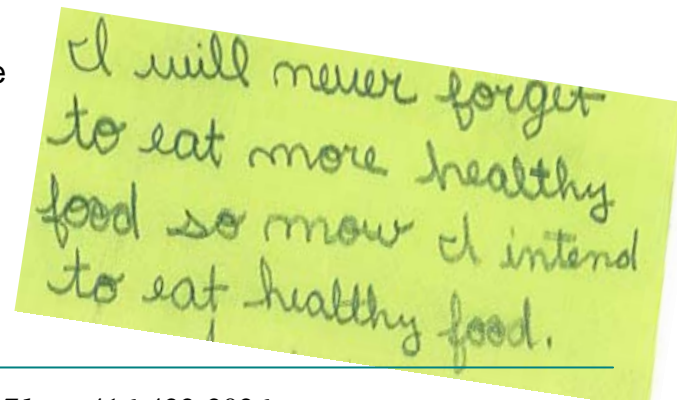
Joan and Ryan



The students participated in activities designed to make learning fun and inspire both students and seniors to embrace healthy behaviours. Activities included food specific questions using interactive technology, obstacle courses and self reflection as well as short videos and songs. The students also enjoyed the interaction with our senior volunteers who shared stories about their own culture.

As you can see by the "Thank You" notes received from the students and included in this article, the program has had a positive impact on all the participants.

Partnerships such as this one are part of Community Care East York's ongoing commitment to health promotion and education for the seniors living in our community.



A message from the Executive Director



Barbara Nytko
Interim ED

My warmest greetings to all of you in the CCEY Community! I am so pleased to have the opportunity to work with the wonderful staff, volunteers and Board that make up this great organization. Every Executive Director builds on the fine work of previous Executive Directors which includes our last ED, Daphne Doak, and the previous ED's, Patty Ramsingh and Jean Green. **We would like to thank Daphne for all her work and advancement of CCEY over her five year tenure at CCEY and wish her continued success in her future endeavors.**



Daphne Doak
Former ED

Over the last 40 years, CCEY has developed an outstanding reputation for complete and compassionate care of its community seniors and disabled adults, and I am pleased to play a part. In keeping with this tradition, we have more "good news" stories to share with you.

We were extremely successful in our 3rd Accreditation Canada survey, with a high compliance score of 99%. This was due to the hard work, focus and collaboration of all our staff leading up to the survey. Our two surveyors worked in similar agencies in Edmonton and therefore know our community service work in detail. They complimented us highly for the rich variety and the high quality of our services.

The Year 3 Aging at Home Assisted Living Project received full funding, doubling our funds and therefore our capacity to provide service to more seniors in our community.

The Annual General Meeting will be held at our Senior Centre on June 20th. Please come out and celebrate our year's work with us and partake in some lunch and refreshments. Also speaking will be a representative from Toronto East General Hospital describing how CCEY and TEGH work together to provide care and health support to you, our community clients.

Many of CCEY's services are not government funded and rely on your financial support to ensure our services continue to keep seniors and disabled adults healthy and out of the hospital. **Your donations are greatly appreciated.**

Another way for you to contribute to CCEY's services is by **lending your time and skills** to provide services that otherwise could not be delivered. The Volunteers of CCEY are critical to the ongoing success of CCEY services. We value the work of our Volunteers immensely and we will be acknowledging their vital role through a Volunteer recognition luncheon in the Fall.

Whether it is a contribution of funds, time or skills, we are relying on your continued support to make our community one that is truly "Caring for each other". We thank you for your continued support!!

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

Continually striving to provide more services for you.

New Mission/Vision/Values for CCEY

As part of CCEY's Strategic Planning Process undertaken in the past year the organization's Mission/Vision/Value statements were reviewed and updated. Input from staff and board members was taken into consideration before the following revised statements were finalized.

MISSION STATEMENT

Community Care East York is a not-for-profit agency serving seniors, adults with disabilities and their caregivers through quality services that promote independence, good health, and wellness.

VISION

Outstanding leadership and innovation for healthy aging at home.

Values

- Caring for each other
- Respecting client choice
- Safety
- Diversity and Equity
- Accountability
- Community Partnerships
- Learning and Growth
- Volunteerism

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO

In 2010, CCEY received a grant from the Ontario Trillium Foundation to build on the current Integrated Wellness Project for Seniors and Adults with Disabilities, also known as Healthy Futures. Based on a survey completed by senior service agencies in the Priority Neighborhood (PN) of Flemingdon Park – Victoria Village a briefing paper has been written, which examines the current community development initiatives with a focus on wellness programming. Stay tuned for more information regarding the expansion of Healthy Futures programs.

New CCEY Caregiver Newsletter

CCEY's Social Work department has recently launched its inaugural Caregiver Newsletter which will be published twice a year. Filled with interesting articles and useful information it offers support to our caregivers through an exchange of knowledge and ideas on the value of care giving and the importance of self-care for caregivers. If you would like to receive the newsletter please call 416-422-2026. x625.

CCEY
CAREGIVER
NEWS

CCEY's Annual Referral Source Lunch

On April 13th, we hosted our Annual Referral Source Lunch. With over 55 people from 23 organizations in attendance the event was a great success! People gathered to catch up on the latest news, make new contacts and enjoy a light lunch.



Become a volunteer and make a difference

Volunteers are the stars that bring a special light to our world and they play an integral part of CCEY's success. Our over 300 volunteers offer valuable help with our Friendly Visiting, Adult Day, Vacation Plus, Healthy Futures, Intergenerational and Chinese Seniors programs as well as our Senior Centre. Volunteering offers fulfilling work and an opportunity to make a difference in someone's life.

We are always looking for new volunteers, if you would like to get involved please call 416-422-2026 and ask about our volunteer positions.



Services

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

Board of Directors 2011/2012

Heather Dawson
Sarah Downey
Carolyne Fowler
Peter Fuller
Monique Hutchins
Ron Luciano
Dianne Neale
Paul Tolton
Susan Tremblay

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

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.

Agency Membership is Free

As a registered member:

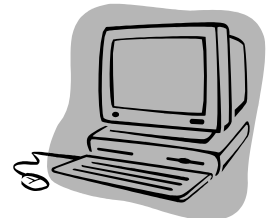
- You can vote at the Annual General Meeting
- You receive the agency newsletter

To become a member

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

Electronic mailing list

If you are interested in receiving communications such as newsletters, annual reports, event calendars and more through email, please contact us at admin@ccey.org



Community Care East York
840 Coxwell Avenue, Suite 303

Toronto, Ontario M4C 5T2

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

www.ccey.org