



Senior Peoples' Resources In North Toronto Inc.

## **SPRINTNews**

*A newsletter for SPRINT clients – JUNE 2010*

*Helping People Live at Home Safely*

**Information Desk: (416) 481-6411**

### **SPRINT celebrates Seniors Month**

*By Jane Moore, Executive Director*

Every year, the Seniors' Secretariat of the Province of Ontario declares June to be Seniors Month.

At SPRINT, we are looking forward to special events. Our clients and staff are planning a BBQ on June 25<sup>th</sup> at Janet Magee Manor on Merton Street. Also, families associated with our adult day services will enjoy a picnic at Anne Johnston Health Station. And residents at Cedarhurst, the dementia care home on Bayview Avenue near Highway 401, will enjoy a strawberry social. I warmly invite you to call our Information Desk at (416) 481-6411 if you would like to attend these events. It will be lovely to meet other seniors!

The government tells us that our province "is one of the best places in the world to grow older." Do you agree? I would enjoy hearing from you how you feel about growing older in Toronto. Many of you have seen our city change in major ways in the past few decades. How is SPRINT making it easier for you to be an older adult in this city? From talking to clients, I know, for example, that our transportation services make it a lot easier for many of you to continue to live in your own home. I hope you feel free at any time to call us if you have questions or concerns. At SPRINT, it is our mission to listen to our clients, their families, neighbours and friends. We very much want to make our little slice of this big city an excellent place to grow older. – *Jane Moore*



#### **Beat the heat this summer!**

Spring seemed to have disappeared this year as we faced a heat wave in May! That's one reason why Toronto's public health officials are already

distributing summer safety tips to beat the heat. Helpful information is available on medications that may increase your risk of contracting a heat related illness. We encourage you to talk to your doctor if you started a new medication recently.

You can also call public health during regular office hours. They offer free health information on many different topics. You can reach public health at the **Toronto Health Connection at (416) 338-7600**. You can also visit [www.toronto.ca/health](http://www.toronto.ca/health).

## Seniors population projected to double in about 25 years

For the past 25 years, Seniors' Month is an annual tradition in June in the Province of Ontario. All over the province contributions of seniors are acknowledged and honoured with special awards and events.

The government expects Ontario's population aged 65 and over to more than double in the next 25 years. That means that almost 25% of all Ontarians will be at least 65 years old when your grandchildren reach middle age in the year 2036! How this will impact the daily lives of seniors at that time is something governments in Canada, and around the world, are studying carefully. SPRINT regularly meets with local politicians to ensure they don't forget the needs of our seniors in North Toronto. We know that they are vitally important to the social fabric of our society!



### SPRINT receives readers' award

This spring, our agency was voted "Best in Home Senior Care in Town" by readers of the Town Crier newspaper. We received a Gold Award. Thank you for letting the paper and the

public know that you appreciate our programs and services. Please spread the word! More than half of SPRINT's clients first learn about our agency because a neighbour or friend tells them about our services or passes on this newsletter.

### Individuals from all walks of life remember SPRINT in their Last Wills.

SPRINT is genuinely touched when a client decides to mention our agency in a Last Will. Private bequests help SPRINT to provide subsidies to eligible clients; launch new projects such as the House Calls interdisciplinary, primary care team; and meet grant requirements that ask SPRINT to contribute cash to a program *before* we can obtain any support from major public or private funders.

- ✓ If you do not yet have a Will, you can talk to a lawyer to decide how to arrange a bequest for SPRINT.
- ✓ If you already have a Will, you don't need to rewrite it to include a bequest. It is relatively easy and inexpensive for a lawyer to add 'a codicil' to your Will which explains your desire to support SPRINT.
- ✓ If your situation should change in the future, you can always modify your Will.

For more information, please contact Executive Director Jane Moore at extension 244. We warmly welcome your call!

**Please remember the SPRINT Open House, Panel Discussion and Annual General Meeting on June 23rd at 140 Merton Street! We start at 4 p.m. If you need a ride, just call our transportation department. You are encouraged to RSVP soon, but you can drop in last minute if it is difficult to plan ahead. Please call (416) 481-6411 to RSVP or for more information.**



Do you need a ride to a medical appointment? Please call the SPRINT **transportation department**



A United Way Member Agency