



Senior Peoples' Resources In North Toronto Inc.

NEWSPRINT

Helping People Live at Home

SEPTEMBER 2011

SPRINT client meets Mayor Ford about proposed grant cuts



Carol Graham, a SPRINT client, represented the concerns of many seniors at Toronto city council in July.

The city is considering budget cuts that may impact community grants received by agencies such as SPRINT. Ms. Graham went to City Hall to tell Toronto

Mayor Ford that cutting these grants is a bad idea.

A few years ago while in hospital, Ms. Graham was told she needed to move into a long term care home.

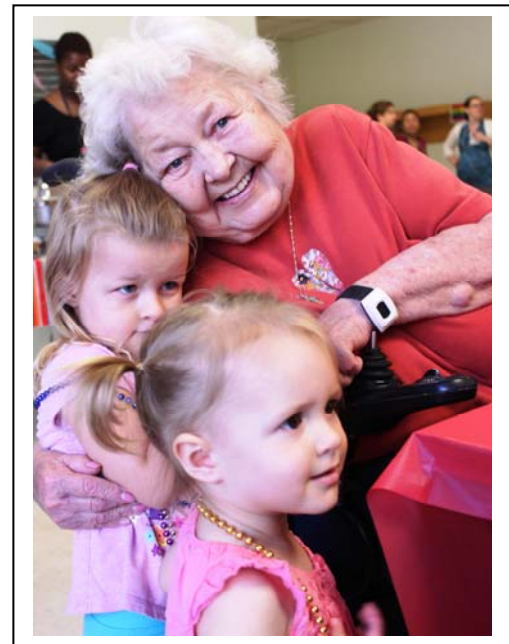
"Thank goodness that I got better and that there were services such as Meals on Wheels," Ms. Graham told Mayor Ford at a Special Executive Committee of council.

"Today, I am still a tax payer living happily at home receiving Meals on Wheels. Also, with the help of SPRINT's transportation program I get to my medical appointments on time," Ms. Graham said. She is also a member of a peer support group at SPRINT.

"You might ask why my family can't take care of me," Ms. Graham asked Mayor Ford. "I do not have children, and, other than my sister, whom I speak to every week on the phone, I am it. There is no one else to call on. SPRINT is like family to me."

We hope City Council will take Ms. Graham's words into serious consideration when it continues its budget deliberations this fall.

Brunch and bingo build community



Margaret Grant, with her great-grandchildren Hannah and Chloé Coombs, and about 40 neighbours enjoyed a wonderful, free brunch served by SPRINT staff and volunteers at Montgomery Place. The Trillium Foundation provided funding for the event.

SPRINT improves transportation services

Transportation is a key issue for many older adults.

The SPRINT Information Desk receives hundreds of phone calls each month. Almost one in four of those inquiries is about transportation. Even if family or neighbour would be happy to provide a ride to a doctor's appointment, many seniors are hesitant to ask for help. They worry about becoming a burden.

SPRINT has been providing affordable, assisted transportation to seniors for many years. Our drivers can assist the client. They aren't in a rush. Unlike taxi companies, SPRINT charges flat, affordable fees.

During the summer months, we implemented new software for our transportation team. It has enabled us to make some excellent service improvements. For example, clients can now schedule a ride 30 days in advance. They will be told immediately if we can accommodate a ride request. It is also possible to book ongoing rides so the client only has to call us once to be guaranteed transportation to a regularly scheduled appointment.

Feedback from our clients has been overwhelmingly positive!

Moore Place

Tragedy narrowly avoided in fire

When a fire broke out on April 6th, around 10:45 a.m., at Moore Place, SPRINT staff bravely responded immediately, potentially putting themselves at risk to save our clients from harm.

Years of fire drills and risk management training helped our Personal Support Workers and on-site Supervisor take appropriate actions as required.

Moore Place is a high-rise building on Yonge Street at Mount Pleasant. It is operated by Toronto Community Housing. SPRINT provides supportive housing services at the complex.

When the alarms rang, Personal Support Workers instructed clients to stay in their apartments, put towels down at the bottom of the door, and wait for the fire department to obtain further instructions.

One client on the 11th floor had to be moved into a neighbour's apartment when smoke started billowing into the living room through an opened balcony door.

Sixty to 70 tenants safely made their way downstairs to the lobby and recreation room. All residents were kept out of their apartments for several hours so SPRINT ordered lunch and provided reassurance and comfort to the tenants.

Fortunately there were no injuries, but one much loved cat died in the fire.



Quick SPRINTS

Speaker series for caregivers

SPRINT social workers organized a free speaker series in late spring at Anne Johnston Health Station on Yonge Street. The evenings were organized especially for family members, friends or neighbours who find themselves -- often unexpectedly -- in charge of the care of a loved one. Respite care was made available during the events for the persons needing care.

Meals on Wheels dessert tasting at fair

In May, SPRINT Meals on Wheels participated at the Seniors' Health Fair organized by the parish nurse of Armour Heights Presbyterian Church on 105 Wilson Ave. All booths at the fair offered a service or a special treat. Seniors enjoyed sampling our wonderful Meals on Wheels desserts and soups.

Seniors need house calls, says Health Minister

The House Calls team received a huge endorsement from Ontario Minister of Health Deb Matthews at a news conference. The event took place at the home of a SPRINT client in August.



Barbara Burns' kitchen turned into a media scrum with a sea of lenses and microphones while Minister Matthews announced \$60 million in new funding to enable physicians to see frail patients at home. The funding depends on election outcomes in October.

House Calls is based at SPRINT. The mobile team provides interdisciplinary care to home-bound, frail seniors. The team is lead by Dr. Mark Nowaczynski who was spotted making house calls on his bicycle this summer (above)! Other members of the team include a Nurse Practitioner, an Occupational Therapist, a Social Worker and a Team Coordinator.

Free Corn Roast at the Market!

Customers at our farmers' market at 140 Merton enjoyed fresh Ontario corn donated by FoodShare



Summer students love SPRINT

SPRINT provides work experience and training to students all year long. During the summer, a grant provided by Human Resources and Skills Development Canada helps us welcome young workers into all areas of the agency. It's a win/win for everybody. SPRINT clients and staff enjoy the energy

and fresh insights these young people bring to us. In turn, one of our university students with our community dining program made the following observation: "It was invaluable for me to apprentice with my mentors at SPRINT."

Jane Moore Room honours former Executive Director

In June, about 200 people streamed into the lower level of the Vaughan Estate at the Estates of Sunnybrook to celebrate the career of our former Executive Director Jane Moore. Lots of sunshine on the patio, live music, a tribute video, and wonderful speeches helped turn the afternoon into a memorable event. Community Room 3 at the SPRINT offices at 140 Merton Street has been renamed the Jane Moore Room in her honour.

Partnership with EMS launched

SPRINT is very excited to launch a project with Emergency Medical Services in Toronto. The project will be called CAN (Community Agency Notification). A special communication protocol will be set up between EMS and SPRINT at several Toronto Community Housing buildings. SPRINT provides supportive housing services at these locations. The project will make sure EMS staff have quick access to relevant medical data when responding to a call. Also, SPRINT will be notified by EMS when a client has been visited or brought to hospital. The project is scheduled to pilot in the fall.

Friendly visiting brightens seniors' days

Nine seniors look forward to getting to know their friendly visitor this fall. Since August, a social work student used a careful screening process to match these nine older adults with volunteers who enjoy similar interests and activities. These wonderful matches build wonderful relationships that provide meaningful social interaction to the SPRINT client and the volunteer.

In response to a feedback survey, our volunteer department is organizing a coffee hour in October to

bring our friendly visitors together for good conversation, peer support and inspiration!
In-Home Services meet high demand for help
 Over 70 SPRINT personal support workers help hundreds of older adults live at home safely. Each month, SPRINT provides training to these staff to teach best practices in all areas of care. For example, staff learn about safety issues in areas such as infection control, body mechanics and client transfers, proper use of cleaning supplies, and emergency drills.

Tribute gifts in spring and summer 2011

The Board of Directors gratefully acknowledges tribute gifts received on behalf of the individuals listed below.

In memory gifts

Jack Whitten: Eve Pangman; **Annette Smith:** Gayle Comeau; **Edna Whitehead:** Roslyn McLagan

SPRINT welcomes all seniors!



SPRINT participated in the PRIDE parade in July (above) to demonstrate our commitment to all seniors, regardless of their sexual orientation. Staff and volunteers have received special training to help them better understand the needs of older adults who are members of the LGBT (lesbian, gay, bi-sexual, trans-gender) community. A social group for older LGBT adults is now meeting regularly in the Jane Moore Room at 140 Merton Street. The Ministry of Health Promotion and Sports is funding part of this initiative to help us reach out to this still vulnerable community.

SPRINT Honorary Board of Directors

David Crombie, Francis Lankin, Dr. Robert Lester, Janet M. Lum, Janet MacInnis, Jane Moore, Joan Osler, Rev. Canon Cheryl Palmer, Hatty Reisman, Dr. Kenneth Shulman.

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Donating to SPRINT

YES! I want to make a donation to help North Toronto seniors live at home safely and independently.

PLEASE CHECK ONE: (All donations over \$10 will be issued a receipt. Please fill in your name and address on this form.)

\$35 \$50 \$75 \$100 Other _____

METHOD:

» **I enclose my cheque or money order with this donation slip.**

Please make cheque payable to SPRINT and mail your donation and this form with your name and return address so we can send you a receipt. Address: SPRINT, 140 Merton Street, 2nd floor, Toronto, Ont. M4S 1A1.

» **I wish to charge my VISA card.**

Card No: _____ Exp. date _____

Name: _____

Signature: _____

» **I wish to donate online.**

Online donations can be made with all major credit cards. Please visit our website **www.SPRINT-homecare.ca**.

Your Name _____

Address _____

City _____ Code _____

