



Senior Peoples' Resources In North Toronto Inc.

## NEWSPRINT

*Helping People Live at Home*

FEBRUARY 2011

### Multicultural dinners build community one meal at a time

"*Céad Mile fáilte romhat!*" exclaims Eleanor Iness, a tenant at The Sherwood on Yonge near Eglinton.

This Scottish Gaelic saying means 'a hundred thousand welcomes to you!', says Ms. Iness. She adds that it perfectly captures the spirit of six multicultural events organized at the Toronto Community Housing building for seniors.

For example, in January, a Robbie (Rabbie) Burns dinner honoured the famous Scottish poet. A diverse group of about 30 tenants and friends watched Ms. Iness and tenant Ronald Grand perform the Address to a Haggis while Scottish bagpipes filled the recreation room.

After the elaborate Haggis ceremony, guests enjoyed traditional cock-a-leekie soup, smoked haddock and Scottish trifle.

These events "absolutely help us to get to know our neighbours better," says Ms. Iness. She adds that enjoying each other's cultural and culinary traditions "tends to help us get into conversations that go beyond 'how's the weather' while standing by the mailboxes [in the hallway]," she says.

Sherwood tenants with SPRINT staff and volunteers organized evenings focused on Chinese, German, Egyptian and other cultures and cuisines.



The Sherwood resident Susie Yuen watches as neighbour Ronald Grand presents the Haggis. It's a traditional Scottish dish made famous by the poem Address to a Haggis by Robert (Rabbie) Burns.

Every multi-cultural dinner is led by tenants who are familiar with the culture highlighted, often because they are first-generation immigrants to Canada.

*(more)*

(Multicultural dinners continued)

SPRINT staff and volunteers help develop menus, order food and help prepare the dishes.

SPRINT and Sherwood tenants gratefully acknowledge financial support from New Horizons for Seniors, a program operated by the federal government, which helped cover the expenses for the dinners.

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### **SPRINT promotes work life balance for staff**

An amazing 75 SPRINT staff members enjoyed a wonderful BBQ with ice cream cones and cookies... and then lost all those extra calories they loved eating

by playing some fun, active games together.

The Fun Fall BBQ in September was organized by staff for staff.

Lots of laughter filled the halls and rooms at 140 Merton! Of course, some of us decided to relax with a therapeutic massage and many attended excellent speaker sessions.

SPRINT supports staff who seek to balance the many demands at work with a healthy lifestyle at home. Work life balance benefits SPRINT staff and the clients they serve so well.

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### **Executive Director Jane Moore to retire**

Jane Moore recently told the Board of Directors that she plans to retire from SPRINT. She has provided leadership at our agency for over two decades and will continue to work at full capacity until the end of June, 2011.

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### **Please hold the date for Jane Moore's retirement event!**

You are invited to attend a retirement party for SPRINT Executive Director Jane Moore.

The Open House Reception will take place on Tuesday, June 21<sup>st</sup> between 3:00 p.m. – 5 p.m. at the Courtyard Ballroom at The Estates of Sunnybrook. An invitation with more details will be sent out in early May. **Please reserve this date on your calendar.** Hope to see you there!

### **Grants allow SPRINT to expand health and wellness programs**

SPRINT health & wellness staff and volunteers have hit the ground running with the launch of the **Love Life!** initiative this fall.

In the month of November alone, SPRINT offered a new array of health and wellness activities across a wider variety of settings.

Since the launch of Love Life! Healthy Active Living for Seniors, clients have enjoyed social events and skill-building opportunities such as bowling, a ballroom dance café, gentle fitness classes, Tai Chi classes, chair Yoga sessions and Latin dance workouts!

Clients say they love the events and attendance rates have exceeded our expectations.

Staff are in the process of planning additional programs, while at the same time seeking out other organizations we can partner with to carry out an increasing variety of events and activities.

SPRINT gratefully acknowledges support from the Trillium Foundation to help cover expenses for these program improvements. The grant specifically helps us expand programs for younger seniors and seniors who self-identify as members of the LBGT community.



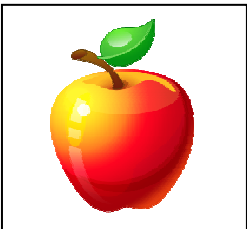
Your generous gift made in memory of a loved one will help SPRINT provide subsidies for eligible seniors who require support but are unable to pay for services. We will send an acknowledgement card to the recipient of your 'in memory gift.' Please call SPRINT at (416) 481-6411.

## Cedarhurst celebrates 5th anniversary



SPRINT warmly congratulates Cedarhurst on this important milestone. This home-like residence on Bayview, south of the Hwy 401, is a not-for-profit, community based organization owned by Ewart Angus Home Inc. This wonderful home is fully dedicated to the care of people living with Alzheimer's or related dementias. SPRINT takes great pride in providing care for the residents of the home. Congratulations to Cedarhurst – indeed, a home with a heart!

## Volunteer teacher to break down cultural barriers with ESL classes



At the request of a tenants' social committee, SPRINT launched English as a Second language classes at Janet Magee Manor on Merton Street in January. The residence is home to large groups of tenants who say they find it

difficult to attend social events, mostly due to language barriers. Some tenants say they feel insecure at the building, at times, and would benefit from getting to know their neighbours better.

The tenants and SPRINT are delighted that a retired teacher has agreed to teach the classes. He brings decades of experience into the classroom. Toronto Community Housing, which operates Janet Magee Manor, has agreed to make available classroom space for the ESL sessions.

## SPRINT staff celebrate 20 years of service



PSW **Maria Kutikov** (left) with Supervisor **Nadia Brown**. Maria celebrated her 20<sup>th</sup> SPRINT anniversary with residents at Ewart Angus Homes.

Yvette Desvignes and Maria Kutikov both celebrated their 20<sup>th</sup> anniversary at SPRINT in December.

"We are extremely proud of these two women who have dedicated their careers to caring for some of the most vulnerable people in our city," says Executive Director Jane Moore.

Yvette now works at SPRINT adult day services while Maria has been a Personal Support Worker (PSW) at Ewart Angus Homes for many years.

Yvette's supervisor Anne Powell, says, "Yvette always puts our clients first, and they are all fans of her wonderful cooking for special events."

Maria explains that she was a chemist in her native country Belarus, but she says she always loved working with people and didn't mind leaving the lab behind her.

All my clients are wonderful people, says Maria, and she credits them with teaching her English.

When asked what piece of advice she would give to younger PSWs now joining SPRINT, she says, Just be honest and do your job.

SPRINT has become a bigger organization, but fundamentally nothing has changed, says Maria.

## Tribute gifts in spring 2010

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

### In memory gifts

**Mary Sharp:** Brian & Ruth Warren; **Isabel Peers:** Margaret Moore, Peter Bennett, Robert and Anne Farquharson, David Dwyer, John and Pat Lane, Barry Bruce, Doug and Loralie Hubble; **Henry Vos:** Dianne Wallace, Mary Estelle Wiley, Naomi Ziegler; **Edna Whitehead:** Margaret Vandenhoeck, John Henderson, Robert Bosworth, John and Marilyn Craig, James Henderson; **Kenneth Darling:** Marjorie MacKinnon; **Mary Sharpe:** 3 anonymous donations.

### In honour gift

John Medland made a donation in honour of **David & Karen Pyper**

### Legacy gift

SPRINT gratefully acknowledges a major gift received from the estate of **Bruce Moore**. Mr. Moore was a SPRINT board member and volunteered for many years. He is remembered fondly by many clients and staff.

SPRINT thanks the **Henry White Kinnear and Collombin Family fund** for their generous contribution.

## Play bingo, read the paper, advises SPRINT client



"I am very thankful. There is always a silver lining," says Rita Beaucamp "I keep active, I play bingo, and read the newspaper." Ms. Beaucamp, 90, is surrounded by the love of family, but she says she wouldn't know how to cope without daily support provided by SPRINT. The House Calls team provides critical support while a Personal Support Worker calls her every day and provides help with basic care. (Photo:N.Heule)

## SPRINT Honorary Board

Isabel Bassett, Paul Beeston C.M., Dr. Robert Lester, Janet M. Lum, Janet MacInnis, John D. McKellar C.M., Joan Osler, Rev. Canon Cheryl Palmer, Hatty Reisman, Dr. Kenneth Shulman.

## SPRINT Board of Directors

**Chair:** Mary Pat Moore

**Vice chair:** Linda Jackson

**Secretary:** Vaunet Dunn

**Treasurer:** Elliott Rothman

**Members:** Jane Bright; Dr. Carole Cohen, Colin Graham, Rick Hayward, Abbyann Lynch, Jane Pyper, Hazel Sebastian, Lee Shouldice (Past-Chair), Tammy Smith.



## 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, 2<sup>nd</sup> 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**.

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