

*Helping People Live at Home Safely since 1983*

## **SPRINTNews**

*Monthly Edition for Clients – February 2010*

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

### **SPRINT continues strong commitment to keep fees down**

» *New fee schedule now available for 2010*

*By Jane Moore, Executive Director*

Although the Canadian economy seems to be picking up some steam, many in our city are struggling to make ends meet. SPRINT continues to promise clients that, within resources available, we will not refuse services solely on the basis of a person's inability to pay fees. Accessibility is a core value at our agency. This commitment to accessibility includes our desire to make our services available to all who need them. We are keeping our fees down, but our costs are going up steadily. This newsletter includes our new fee schedule for 2010 on the reverse side of the page. You will notice we have had to adjust some of our rates this year. Of course, many of our services are offered entirely free of charge. This includes all counselling and referral services. These fees will apply until March 31, 2011 which is the end of our fiscal year. We thank you for being part of SPRINT -- *Jane Moore*



### **Meals on wheels to introduce new menu choices**

SPRINT is adding some exciting new dishes to our meals delivery program. Meals on wheels has added nine new premium entrees that will be available to all clients to try, starting in March, 2010.

Dishes include Indian and Thai cuisine and a delicious new breakfast meal.

You will soon receive a flyer to give you more information about these new frozen meals.

The new entrees will be on the menu for a three-month trial period. If they prove to be popular with our clients, we will make them available on an ongoing basis. So, please look for the flyer and give them a try!

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### **Meals on wheels offers new choices**

These menus vary in fat and sodium content, so please study the guide on the flyer to make your choices. Also, please understand that these entrees are premium dishes. They are priced individually and are not available for bulk pricing.

You are encouraged to contact Eileen McGeean, supervisor of the SPRINT meals on wheels, for more information. She can be reached at (416) 481 0669, **ext 251**.

## Program & Services Fees

April 2010 – March 2011

### In-home services (hourly fee)

Personal Support Services	\$14.50
Respite care (caregiver support)	\$14.50
Homemaking	\$14.50
Fees after maximum hours per week	\$26.00
Fees on statutory holidays	\$39.00

### Transportation (one-way trip)

Up to 5 km	\$5.50
Over 5 to 10km	\$9.00
Over 10 to 15km	\$13.00
Over 15 to 20km	\$15.50
Over 20 to 25km	\$19.50
Over 25km	\$23.50

### Transportation to SPRINT programs (one way)

Rides to SPRINT programs <u>starting at</u>	\$3.50
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<b>Adult day programs, each day</b>	\$21.00
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### Meals on wheels (per item)

Hot meals (with soup OR salad & dessert)	\$5.60
Sandwiches	\$2.25

### **Frozen Meals:**

Entrées	\$4.75
Soup	\$1.80
Dessert	\$1.95

### **Multi-pack:**

5 frozen entrées (with soup or dessert)	\$31.00
7 entrées	\$31.00

<b>Wellness boxes</b> (fresh fruits & vegetables)	\$13.25
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<b>Milk</b> , 1 litre	\$2.00
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**Available in large print**

## FOOT CARE CLINICS AT SPRINT!!!

SPRINT facilitates bi-weekly foot care clinics on Wednesdays at 140 Merton Street in Toronto. Each session costs \$30.

Our services are provided by registered RPNs. The foot care nurse can also come to your home at an extra charge. You can book appointments by calling **(416) 481-6411**.



### Did you know?

*Many of our clients first learn about our services from their friends and neighbours!! Why not pass this newsletter on to someone who may be very thankful you did?*

