



Senior Peoples' Resources In North Toronto Inc.

## **SPRINT**News

*A newsletter for SPRINT clients – July 2011*

*Helping People Live at Home Safely*

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

### **SPRINT improves transportation services**

*By Stacy Landau, Executive Director*



Transportation is a key issue for many older adults. The SPRINT Information Desk receives hundreds of phone calls each month. Almost one in four inquiries is about transportation. For example, finding a way to get to a doctor's appointment can become a stressful situation. Taking public transit may not be an option due to health concerns and taxi rides quickly get expensive. Even if family or neighbours would be happy to provide a ride, many seniors are hesitant to ask for help. They worry about becoming a burden. Does any of this sound familiar to you or your friends? Do you know that SPRINT provides assisted, affordable transportation services? We can bring you to your doctor's appointments, SPRINT programs, and other activities. Our drivers can lend an arm if needed and aren't in a rush. Unlike taxi companies, SPRINT charges flat fees. And, I am very pleased to report today that we just made some important improvements to our transportation services. It is now possible to schedule your rides 30 days in advance. Also, you will be told immediately if we can accommodate your request. If you haven't tried SPRINT transportation services, please give our Information Desk a call today at (416) 481-6411. You'll be glad you did. If you are a transportation client already, you will receive more detailed information later this month.

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### **SPRINT welcomes new staff In-Home Services Department**

By Stacy Landau, Executive Director

At SPRINT we take great pride in providing our clients with reliable, safe and top-notch in-home services. All our Personal Support Workers are certified by reputable educational institutions. These wonderful women and men also receive monthly training at SPRINT to ensure their skills are constantly updated and refreshed.

**Mary Estelle Wiley** has given direction to the in-home services department for almost four years now. She recently announced her retirement. She will be missed by our clients and our staff! Mary Estelle pioneered homecare services in Toronto and brought many years of experience and wisdom to SPRINT. We wish her a wonderful retirement. We also hope she will be back at SPRINT on occasion for special projects or

just to share a cup of coffee and the wonderful words of encouragement she is known to readily share with all of us here at SPRINT.

I am also pleased to announce that we have found another experienced leader to replace Mary Estelle. **Adrienne MacDonald** started her orientation at SPRINT this month and will start full-time as our new Senior Director of In-Home Services, Supportive Housing and Dementia Care Residences in August.

We also welcome **Lisa Weekes** as our new Manager in the in-home services department. She is filling in for **Shanin Dhalla** who is on maternity leave.

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## Farmers' Market in full swing this summer!



Do you long to enjoy some of Ontario's fresh produce this summer, but wonder how to buy and carry home all those wonderful groceries?

SPRINT is offering two fantastic opportunities to purchase fresh vegetables and fruit.

First, we have expanded our grocery shopping trips. You can join a group of SPRINT clients and visit a larger grocery store in your community. Prices may be lower than at small grocers, and you'll enjoy meeting other older adults. Please call our Information Desk for more information. You can also ask for our shopping calendar. It has all the information you need.

Second, we invite you to visit our SPRINT farmers' market. Our next market day

is on **August 19th from noon-2 p.m.** You'll find local produce at very reasonable prices. We're also selling freshly baked cookies! Come check us out at 140 Merton Street!

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

SPRINT deeply appreciates it when a client remembers our agency in a Last Will. If your situation should change in the future, you can always modify your Will. Funds allocated to SPRINT in this way are urgently needed to continue our work to help seniors remain living at home. We are always pleased to meet with you and your family to discuss how your bequest or donation can be used in a way that is special to you. Clients have provided funds to buy vehicles for our transportation program, to set up an education fund for staff or made gifts of any size toward a SPRINT program that has made a special difference for them. **Your support is needed.** Please do not hesitate to contact Senior Director Nandy Heule at ext 248 for more information. Thank you!

**SPRINT social workers can provide a listening ear and help you make decisions about the types of support you may need. Please call our Information Desk at (416) 481-6411. This is a free service.**

### Beat the Heat!

SPRINT is distributing the brochure *How to Beat the Heat* provided by Toronto Public Health. Please carefully review this information. Call our Information Desk if you have further questions!



Please give this newsletter to a friend or neighbour who doesn't know yet how SPRINT can make it easier to keep living at home!



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