

SPRINTNews

A newsletter for SPRINT clients – May 2011

Helping People Live at Home Safely

Information Desk: (416) 481-6411

SPRINT Adult Day Services Program celebrates life!

By Jane Moore, Executive Director

Last week, I had the privilege to hear a talk by Dr. Sharon Cohen. She is physician and researcher working with the Toronto Memory Program. This program, located near York Mills Rd. and Leslie St., may be one of our city's best-kept secrets. Dr. Cohen explained that clinical trials at her institution are showing some promising results for new Alzheimer drugs. These drugs may not be available to the general public for quite some time, but the future sounds hopeful for people with this disease. Meantime, Dr. Cohen made a compelling case that all of us should be physically *and* mentally active to keep our brains healthy. That's right. Our brains need to be exercised! That's just one reason why programs offered at our Adult Day Services club are critically important. Art and music sessions, discussion groups and physical exercise programs keep club members active. Many, but not all, club members live with Alzheimer's or other dementias. Chantelle Harriott, our on-site social worker at the program, offers excellent support to caregivers and families. On Saturday June 11th, our Adult Day Services community will host a picnic at North Toronto Memorial Community Centre. If you would like to meet our volunteers, staff, club members and their families in an informal setting, please give Chantelle a call at (416) 486-8666, ext. 227. -- Jane Moore

Social workers host caregiver education and support evenings

Do you have a friend or neighbour who seems burdened by caregiving responsibilities? Do you need support yourself?

SPRINT Social worker Chantelle Harriott and her team are organizing a series of special evenings for people who

find themselves, often unexpectedly, in charge of the care of a loved one.

These informative evenings take place at Anne Johnston Health Station and every event is free. Refreshments are served. The sessions are on May 17th, 24th and 31st. Respite care can be arranged for the person

needing care. Please let us know if you and/or a friend plan to attend by calling Chantelle at (416) 486-8666, ext. 227. She can give you more information and directions to the event.



Meals on Wheels dessert tasting at Health Fair

SPRINT Meals on Wheels will participate at the Seniors' Health Fair organized by the parish nurse of Armour Heights Presbyterian Church on May 17th. The event runs from 12 to 3 p.m. at 105 Wilson Ave. If you need a ride, please call the SPRINT transportation department at (416) 481-6411, ext. 223. All booths at the fair will offer you a service or a special treat. For example, our Meals on Wheels will let you sample our yummy desserts and maybe some soups. Why not bring a friend and enjoy a fun afternoon together?



Fire drills help keep clients, staff safe

Very recently, SPRINT workers provided emergency support to clients living in a high rise apartment building after a fire broke out on the 10th floor. We are extremely proud of our staff. They were prepared to deal with this emergency because they were fully trained and ready in case of fire.

Please, for your own safety, take those fire drills seriously when your apartment building asks you to participate in such a drill! Or, if you live in a detached house or townhome, discuss with your family and any caregivers what to do in case of an emergency.

Check your fire alarm – have you replaced your batteries within the past 12 months? If you need someone to help you with this task, SPRINT recommends that you contact SAINTS. This organization matches seniors with students to do jobs around the house. They can be reached at (416) 481-6284.

Enjoy good food and great company!!

Check out the SPRINT farmers' market: May 13, June 10, July 8 at 140 Merton Street from noon-2p.m. Or join our monthly Loblaw's cooking class. Call Eileen at ext. 251 for more information.

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. For example, clients have provided funds to buy vehicles for our transportation program or to set up an education fund for staff education.

Your support is needed. Please do not hesitate to contact Executive Director Jane Moore at (416) 481-0669, ext 244 or Senior Director Nandy Heule at ext 248 for more information. Thank you!

** Visit www.SPRINT-homecare.ca!! **



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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