



SPRINTNews

A newsletter for SPRINT clients – November 2011

Helping People Live at Home Safely

Information Desk: (416) 481-6411

SPRINT hosting active living fair for seniors

By Stacy Landau, Executive Director

We have been enjoying a beautiful, mild fall in the city this year! I hope you have been able to go outdoors for walks, breathe in the cool, crisp air and enjoy the splendid fall colours all around us. Yet, we all know Old Man Winter is coming. So, we better enjoy this warm weather while it lasts! Many of our clients tell us they feel a sense of dread when the days get shorter, the furnace kicks in, and the first frost covers our flower boxes. During the winter, many of our clients can't leave the house very easily. It gets a lot more difficult to stay active. That is one reason why our health and wellness staff is organizing a Seniors' Information and Active Living Fair. On November 24th, SPRINT is hosting this exciting event at Yorkminster Park Baptist Church at St. Clair and Yonge (1585 Yonge Street.) Visitors will enjoy excellent presentations, free seminars with great speakers, displays, fun activities and free refreshments. Please join us any time between 11:30 a.m. and 4:30 p.m. If you need a ride to get to the fair, please give our transportation department a call. Why not bring a friend or neighbour to learn more about staying active during the cold winter months? See you there! – *Stacy Landau*

Fire fighters urge seniors to check smoke detectors



When we change our clocks for Daylight Saving Time, our city's fire fighters also want us to check the batteries on our smoke detectors. If you haven't installed a certified

smoke detector in your apartment or home, please do so immediately. If you have installed smoke detectors, make sure you test them this month and replace the batteries!

If you find it difficult to reach your smoke detector or to install a new unit, please consider asking a neighbour or friend to help you complete this task. Climbing on a ladder to change the battery on your smoke alarm may be quite counterproductive if it causes a fall! You could also call SAINTS. At a small fee, this organization can send a student to your home to help you check the batteries on your smoke alarm. You can reach SAINTS at (416) 481-6284, 10 a.m. to 5 p.m. from Monday to Friday.

The Toronto Fire Department offers many excellent other fire safety tips. Here are three key strategies:

1. **Prevention.** Check your home for hazards and eliminate them. Most home fires are still caused by careless cooking, smoking and candle use.
2. **Detection.** It's the law to have smoke detectors on every storey of your home and outside sleeping areas.
3. **Escape.** Plan your escape with two ways out of every room, practice your plan and pick a meeting place in front of your home.

It's time for your flu shot!

Flu shots are one of the most effective ways to reduce the spread of the seasonal flu. Please protect yourself, your family, friends and neighbours in your building.

Flu shots can be obtained at your family doctor's office or walk in clinic. You can also go to free clinics set up by Toronto Public Health. Posters have been put up at SPRINT locations to help you find a flu shot clinic. Toronto Public Health has posted a map of all clinics at http://www.toronto.ca/health/flu/pdf/flu_schedule_2011.pdf.

SPRINT has organized flu clinics in Toronto Community Housing buildings where we provide services. Information has been posted. If you have any questions, please drop into our SPRINT office if you need more information about these clinics.

Do you have trouble getting to a grocery store? SPRINT offers group shopping trips. Please call (416) 481-6411, ext. 223, for information.

SPRINT puts client donations hard at work!

Important SPRINT services and programs couldn't operate without the support of private donations from clients and their families and friends. Such generous gifts help us to keep our fees affordable.

SPRINT always deeply appreciates it when clients remember our agency in a Last Will.

We also encourage you to consider asking family and friends to give a donation to SPRINT in your honour to celebrate a special birthday or anniversary.

All donations are warmly received and acknowledged in a timely manner. We are always pleased to meet with you and your family to discuss how your financial support can benefit our agency in a way that matters most to you. **Your support is needed.** Please do not hesitate to contact Senior Director Nandy Heule at ext 248 for more information. Thank you!

SPRINT gift certificates make perfect gift for the holidays

Would you like a neighbour or friend to benefit from services or programs SPRINT offers? You can purchase a gift certificate at any time for any amount starting at \$30. For example, you could buy two hours of homemaking for a friend. Or you could give a neighbour a gift certificate she could use to buy rides to hair appointments or to go shopping. Please call Nandy at (416) 481-6411, ext. 248, for information!

Program highlight: Social work

Do you need a listening ear? Our social workers are here for you. When you face a complex decision, they are trained to help you evaluate your options. Please pick up the phone today to reach a social worker at (416) 481-6411. You won't regret you made the call!



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!

