



## SPRINTNews

*A newsletter for SPRINT clients – October 2011*

*Helping People Live at Home Safely*

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

### October is Community Support Month

*By Stacy Landau, Executive Director*

Every year in October, SPRINT celebrates Community Support Month. All across Ontario, organizations like SPRINT organize events to build awareness about community support services such as transportation or Meals on Wheels. I have included a complete list of our services later on in this newsletter.

During Community Support Month, we also like to acknowledge our amazing Personal Support Workers. At SPRINT, all our workers are fully certified by recognized educational institutions. In addition, we provide training sessions to these staff every month. Our workers help hundreds of seniors live at home safely. We thank them for their commitment to our clients!

Later this month, we look forward to celebrating health and wellness for seniors with our City Councillor Jaye Robinson of Ward 25. She will participate in our gentle exercise class at Joseph Brown Manor on 3179 Yonge Street on Oct. 17<sup>th</sup> at 3 p.m. Please feel free to join us.

When you meet SPRINT staff members this month, they would love to hear from you that you appreciate their work. Let's celebrate Community Support Month together! – *Stacy Landau*

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### New dance class for seniors starting in October

**\*\* Also join us for *Octoberfest!!* \*\***



Are you ready to try something new and exciting? On **October 27<sup>th</sup>**, SPRINT is launching a **Core Rhythm Dance Exercise class**.

The sessions will be a lot like Latin ballroom dancing. But, the movements will especially help you strengthen the tummy and other core muscles. Participants stand during the sessions, but can sit down when needed. The class is

offered on Mondays from 2:30 to 3:30 p.m. at Moore Place on 801 Mount Pleasant Rd. You can drop in at any time. Payment of \$4 will be received at the door or join all 7 sessions for \$24. If you need more information, please call Justine at (416) 481-6411, ext. 287.

Also this month, we will celebrate ***Octoberfest!!*** Our community dining chefs are preparing all the

traditional dishes for you to enjoy. Bratwurst is on the menu! If you wish, you are most welcome to bring a friend or neighbour to this wonderful party at the North Toronto Memorial Community Centre on **October 14th**. Doors open at 1 p.m. and it costs \$7 per person to attend. This includes the meal and entertainment.

Please call (416) 481-6411, ext. 232, to reserve your seat. SPRINT can provide transportation to this event at a small fee. You can book a ride by calling (416) 481-6411, ext. 223. *Willkommen* and see you at *Octoberfest* on October 7th!

### ***Program Spot Light: In-home respite care (day/evening/overnight)***

Many families search for respite care. It can be exhausting to provide daily care for a family member with physical and/or cognitive impairments. SPRINT staff can give such caregivers a break and engage the care recipient in appropriate activities. This service is available daily, including overnight. It gives caregivers peace of mind and opportunity to maintain their own health and well-being. Please call our Information Desk at (416) 481-6411 to discuss your needs for respite care.



### ***Community Support Month*** **Services and programs offered by SPRINT**

Do you know about all the services and programs SPRINT offers? If you or a friend would like to learn more, please call our Information Desk at (416) 481-6411 between 9 a.m. and 5 p.m. Our website also offers a lot of information. Please visit [www.SPRINT-homecare.ca](http://www.SPRINT-homecare.ca).

### **SPRINT services:**

- ✓ Transportation
- ✓ Counselling for old adults and their families
- ✓ Meals on Wheels
- ✓ Community dining
- ✓ Friendly visiting/telephone assurance
- ✓ Home-at-Last (*a program for patients being discharged from hospital*)
- ✓ In-home services for seniors (*homemaking, personal care, respite care, home care*)
- ✓ Adult day programs for seniors
- ✓ Dementia homes for seniors living with Alzheimer and related diseases
- ✓ Support groups for seniors and caregivers
- ✓ Health and wellness classes
- ✓ Footcare clinics
- ✓ Supportive Housing (*in some Toronto Community Housing buildings only*)
- ✓ House Calls (by referral only)
- ✓ LGBT events

### **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!



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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Member Agency