



## **SPRINT**News

*A newsletter for SPRINT clients – Sept. 2011*

*Helping People Live at Home Safely*

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

### **SPRINT warmly invites you to go 'back to class' this fall**

*By Stacy Landau, Executive Director*

Do you enjoy watching the little kids with their brand new backpacks, walking down the street to go back to school? Maybe you have talked to grandchildren or great-grandchildren about their exciting plans for a new season of classes and sports. At SPRINT, we strongly believe that we can learn and start new things at any age!

SPRINT offers a wide range of social and fitness activities designed especially for older adults. For example, if you would love to take a break from cooking, you may enjoy participating in SPRINT community dining events. Lunches are planned from Monday through Fridays at nine locations in North Toronto. Participants share a wonderful meal together with coffee or tea. Since our amazing volunteers help cook and serve our delicious, home-style meals, we are able to charge only \$6 or less for a healthy three-course meal. Lunches are available at \$3.75.

Elsewhere in this newsletter, we highlight some of the many activities organized by our health and wellness staff. Chair-based gentle exercise, low-impact cardio classes and Tai Chi are some of the regular sessions offered. Many classes are free of charge. You can join us at any time! We are glad to provide affordable transportation to these events. I encourage you to call the SPRINT Information Desk at (416) 481-6411 for more information about the many ways you can get involved this fall. You and your friends and neighbours are always welcome!



### **SPRINT client meets Mayor Ford about proposed grant cuts**

Carol Graham, a SPRINT client, represented the concerns of many seniors at Toronto City Council in July.

A few years ago while in hospital, Ms. Graham was told she needed to move into a long term care home.

In the face of a serious shortfall, the city is considering budget cuts that may impact community grants received by agencies such as SPRINT.

“Thank goodness that I got better and that there were services such as Meals on Wheels,” Ms. Graham told Mayor Ford at a Special Executive Committee of council.

"Today, I am still a tax payer living happily at home receiving Meals on Wheels. Also, with the help of SPRINT's transportation program I get to my medical appointments on time," Ms. Graham said. She is also a member of a peer support group at SPRINT.

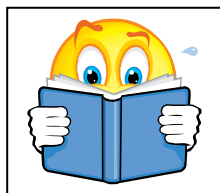
"You might ask why my family can't take care of me," Ms. Graham asked Mayor Ford. "I do not have children, and, other than my sister, whom I speak to every week on the phone, I am it. There is no one else to call on. SPRINT is like family to me."

We hope city council will take Ms. Graham's words into serious consideration when it continues its budget deliberations in the fall.

### ***Program Spot Light: Peer Support Group***

Every other Friday afternoon, a group of older adults come together at SPRINT on 140 Merton Street to enjoy a time to chat over a cup of tea and, perhaps, to participate in some low-key activities. The group also offers an opportunity to share the joys and challenges of growing older. If you would like to meet some new people, why not give this informal SPRINT program a try? Many participants discover that social gatherings are the often the best medicine! The group is facilitated by a SPRINT staff member. Please call our Information Desk at (416) 481-6411 for more information.

### **Fall activities starting up now**



What do apple picking, book club meetings and, chair Yoga have in common?

Not much, you may say, except that these are all activities

organized by the SPRINT health and wellness team!

The book club is starting its meetings again on Sept. 28th at St. Augustine Church of Canterbury (Bayview Ave. near Broadway). The group is reading *Fall of Giants*, a new book by Ken Follett. He is a wonderful author whose writing promises to deliver an excellent discussion!

You can call Justine, supervisor of Health and Wellness at (416) 481-6411, ext. 287, for more information about all our fall activities.

Transportation to SPRINT events is available, starting at \$3.50 for a one-way ride. Don't be disappointed! Call today to register so we can reserve your spot.

### **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 NOTE: Our transportation service has improved. You can now book your ride 30 days in advance. Call ext. 223 for details.**



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!

