

Senior Peoples' Resources In North Toronto Inc.

NEWSPRINT

Helping People Live at Home Since 1983

Spring - Summer 2007

SPRINT's Meals on Wheels Program Expands South

This spring the **Scott Mission** asked three local agencies - **SPRINT**, **St. Christopher House** and **West Toronto Support Services** - to take over their **Meals on Wheels** program when they decided to discontinue their program as it is not part of their core business.

By adding these new clients, **SPRINT's** Meals on Wheels program grew by almost 50%. Our **Meals on Wheels** team took over the area bounded by Yonge, Bloor, Bathurst and St. Clair to deliver most **Meals on Wheels** services, without having the resources in place to do so.

Most of the **Scott Mission's** **Meals on Wheels** volunteers stayed on to help them with other programs, so **SPRINT** needed to double its volunteer base. As there is a lot of traffic and few places to park in this part of town, we find we need a driver and a runner to pair up to deliver meals. The runner brings the food to the client, while the driver waits for them.

To fill this void, **SPRINT** is currently relying on office staff and the odd regular volunteer to help deliver meals. "Having office staff deliver **Meals on Wheels** helps them appreciate what the program does for our clients and gives them a greater sense of appreciation of our volunteers,"

said **Meals on Wheels Supervisor Eileen McGeean**.



SPRINT Meals on Wheels Weekend Assistant Zenobia Homavazir with Leuther Jay Platt

To attract more volunteers, **SPRINT** placed a sign at the entrance to Sunnybrook Hospital requesting **Meals on Wheels** volunteers. Several dozen potential **Meals on Wheels** drivers have offered to volunteer after seeing the sign. As well, many high school students have volunteered to be **Meals on Wheels** runners for their community service requirement for high school graduation. "We still want more volunteers. We have about half the volunteers we need," said **Eileen**.

The **Scott Mission** also did not receive any government funding and relied entirely on donations from the public. Similarly, **SPRINT** does not receive government funding for this part of our **Meals on Wheels** program.

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PRIVACY STATEMENT

SPRINT is in compliance with the terms of the Privacy Legislation in Canada. If you wish to discontinue mailings of newsletters and notices of meetings, please call (416) 481-6411, leaving your name, address and telephone number and we will remove your name from our mailing list.
Thank You!

SPRINT is relying on the generosity of the of our supporters to help us with this new business. So far, many SPRINT supporters have made a donation in response to our need.

Even though our program is stretched to the limit, we didn't even consider not taking these routes from the **Scott Mission**. Some clients just don't have any alternative," said **Executive Director Jane Moore**.

SPRINT Grows

Expanding and Improving Our Friendly Visitor Program

SPRINT recently received an ongoing grant of \$6,000 from the United Way to provide service to **Friendly Visiting** clients of another agency.

We have hired a part-time staff member to help match volunteer visitors with clients. Currently, we have many **Friendly Visiting** clients who are waiting to be matched with a volunteer. Our new **Friendly Visiting Assistant** also phones clients on the waiting list to reassure them that we haven't forgotten them and looking for a volunteer to match with them.

Having this new funding is an ideal way for SPRINT to improve the quality of service for now and for years to come.

Helping to Stop Elder Abuse

SPRINT also received a one-time grant from the **Ontario Victims Services Secretariat** of the **Ministry of the Attorney-General** for their *Take Charge* program for seniors. The purpose of the program is two-fold -- to help victims of abuse come forward and get the information and support they need to live safely and to provide seniors with the information they need to decrease their vulnerability to future abuse and fraud.

We are using this funding to provide information sessions for the general public, to develop a resource kit and for training front-line staff on elder abuse.

Our ultimate goal is to increase public awareness about elder abuse to help seniors live safely in the community and to help victims remove themselves or avoid unsafe situations and prevent future abuse.

Thank You!

In Memory Of

Bea Engelberg
Esther Atkin
Bob Engelberg, Judy Phillips & family

Dorothy Jones
Isabel Gill

Thelma Murdoch
Eve Pangman

John Napier
Ian Bryson

Beverley Stapells
Elizabeth Woodruff

Innes Van Nostrand
Elizabeth Ireton

In Honour of

Marjerie Fritz's 90th. birthday

Tess Bishop
Gary Rogers



Quick **SPRINTS**

When **Freddy**, who was in charge of the crew who painted our main office, came to Canada he couldn't speak a word of English and had difficulty landing on his feet.

He took up someone's suggestion that he volunteer at SPRINT. So **Freddy** became a **Friendly Visitor** to a 99 year-old client. The client's daughter asked him to paint her home and did such a good job that she recommended him to her friends.

Now **Freddy** makes a living as a painter and has a very warm spot in his heart for SPRINT!

The federal government's **New Horizons** program for seniors also provided a grant for senior health and wellness programming.

A SPRINT Social Worker is organizing a discussion group and activities program for older adults in two apartment buildings. As isolation can often lead to depression and other health problems, being with others and having a support group is an important wellness measure that helps people maintain their health.

After seeing the documentary, **House Calls** on television, **Jennifer Swindells** was so moved by the difference this type of attention made in the seniors' lives, she decided to volunteer at SPRINT.

She says, "The seniors have some great stories to tell. It is always fun to spend time with them."

Jennifer volunteers at the dinner dances at **Community Dining**, where a few clients have taught her the Viennese Waltz and the Fox Trot.



Cedarhurst, one of SPRINT's a dementia residences, is using an empty bed for short-term respite when families take vacations. In addition to generating revenue, potential residents and their families can have an opportunity to experience what **Cedarhurst** has to offer and to spread the word about **Cedarhurst** to other families.

Family caregivers and clients gave our **Adult Day Program** 100% in a recent client satisfaction survey. They rated the program as excellent or good and the quality of SPRINT staff as excellent.

In addition, all respondents would recommend the program to family members and friends and felt their family member benefited from attending the program.

Several SPRINT staff members formed a "**Diversity Committee**" to help fellow staff members learn more about other cultures and religions and personal lifestyles, such as sexual orientation.

A member of the committee uses SPRINT's phone system to update other staff on upcoming cultural and religious holidays and celebrations, such as Caribana and Gay Pride Week. Additionally, I provide similar information in SPRINT's monthly staff newsletter.

SPRINT staff come from a wide range of different cultures and practice many different religions. Having knowledge of other customs and rituals helps leads to an appreciation and greater understanding of our differences.

Donating to



Your donation helps North Toronto seniors receive the services they need to help them live at home. A few examples of your donation hard at work include:

- Helping an isolated senior enjoy a hot meal delivered to their door.
- Providing an elderly senior with a ride to a medical appointment.
- Giving a caregiver a few hours respite from their caregiving responsibilities.

Please complete the following information.

I want to make a donation of

\$ _____

to help North Toronto seniors live at home in their community.

Method: Cheque (enclosed)

(Make cheque payable to SPRINT.)

VISA

Card No: _____

Expiry Date: _____

Name: _____

Address: _____

Signature: _____

Tel #: _____

A tax receipt will be issued for all donations of \$10 or more.

Please cut and mail in the enclosed envelope to:

SPRINT

140 Merton Street, 2nd floor
Toronto, ON M4S 1A1

SPRINT receives financial support from the Ontario Ministry of Health, the Ministry of Citizenship and Immigration, the City of Toronto, the Trillium Foundation, the United Way of Greater Toronto, New Horizons for Seniors, foundations and generous members of the public.



What is **SPRINT**?

SPRINT is a not-for-profit organization governed by a volunteer community board. Using both volunteers and paid staff, SPRINT provides a comprehensive range of community support services to help the elderly and disabled in North Toronto maintain an independent lifestyle. Services include:

- Respite care, homemaking and home help
- Supportive housing
- Friendly visiting
- Telephone security checks
- Meals on Wheels
- Community dining
- Transportation and escort
- Adult day and evening programs (A partnership program with The Anne Johnston Health Station)
- Peer support groups
- Caregiver support groups
- Residential dementia care programs in partnership with Ewart Angus Inc.
- Information and referral
- Service coordination
- In-home social work assessments
- Counselling for seniors and their families

PLEDGE FOR TOMORROW -

*Would you be willing to consider **SPRINT** in your will?*

Planning for tomorrow includes remembering the people and charities you care about in your will.

By remembering SPRINT in your will, you will help SPRINT to help those who need it to continue to live at home in their own community.

Your planned gift:

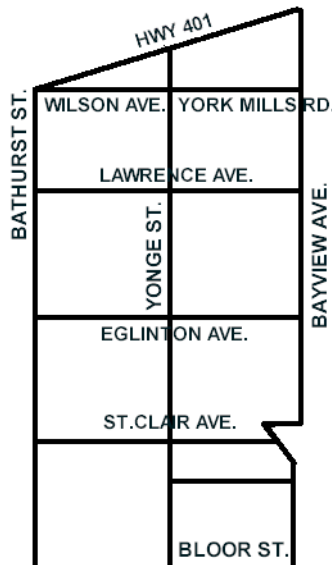
- Demonstrates your compassion
- Serves as a lasting memorial to you or a loved one
- Reduces taxes on your estate
- Provides immediate tax savings

SPRINT also gratefully accepts donations in memory of a loved one and donations to honour clients, supporters and volunteers on birthdays and milestone wedding anniversaries.

Leaving a legacy is not only for the wealthy. The majority of legacies in Canada are modest sums left by ordinary people who want to help others.

Please call Elizabeth Trew at (416) 481-0669, ext. 243 to discuss helping SPRINT to help others.

SPRINT's Service Area



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