



Front and Centre St. Paul's L'Amoreaux Centre News

Message from the Executive Director

Our goal at St. Paul's L'Amoreaux Centre is to offer programs and services that keep our seniors living independently in the community with dignity and wellness for as long as possible. One of the key determinants of the ability to remain independent is good physical and mental health. We are always looking for new opportunities to assist our seniors in achieving this outcome. In the past months, we have launched several new programs to support our seniors.

Our enhanced meals on wheels/nutrition awareness program provides information on good nutrition and healthier food choices to clients. Our seniors have had access to a dietician who offers guidance on good eating habits. Good nutrition leads to good health and many seniors have taken advantage of this program.

We have initiated an active living program to enhance the physical activity

of seniors and we have had our first *Companion Connections* event to provide seniors an opportunity for socialization. Socializing and engaging in physical activity enhances both mental and physical health.

St. Paul's also helps seniors self-manage their chronic conditions. Our physiotherapy, arthritis pain management clinic, and our weekly blood sugar/blood pressure monitoring programs greatly assist seniors in managing their health.

We will continue to stress programs and services that promote good health and prevent and manage chronic conditions. These programs are available for you to utilize. We hope you will take advantage of them to keep fit and healthy.

Larry Burke
Executive Director

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Funding & Grants Update

New Horizons for Seniors: SPLC received two \$25,000 grants from New Horizons for Seniors. The first is to expand S.A.L.T. activities to outreach to more seniors' residence and community centres. S.A.L.T. is a partnership consisting of seniors, law enforcement representatives and community partners. The second grant will go towards repainting and re-flooring all 4 day programs.

Vehicle Replacement: Many thanks to the Central East LHIN for funding to purchase two new 2009 Dodge Caravans for our Transportation Department.

Direct Mail Campaign: The direct mail campaign raised \$21,000, an increase of \$2,600 from last year. Thanks to everyone who contributed. We couldn't have done it without you.

Quality Improvement Corner

MOWS Healthy Choice: Effective April 1, all MOWS will be healthy choice items. They will all be low salt and low sugar.

Accreditation 2010: We have started the preparations for our next accreditation survey. We will be arranging focus groups with clients, partners and volunteers in the upcoming months.

Client Satisfaction Survey Results

The following lists your suggestions and our improvements based on our annual client satisfaction survey. Thank you for taking the time to give us your feedback.

Facilities

S: Set higher cleaning standards at both St. Paul's Centre and Bridlewood sites, especially in common areas, washrooms, and garbage chutes

QI: Cleaning schedules have been revised

S: Ensure the drinking water machine is functional at Bridlewood site; provide bigger dancing space; replace dancing floor with hardwood; set room temperature to comfortable level during exercise time

QI: Due to the temporary nature of this site we cannot justify the expense of a new drinking fountain, nor the cost of upgrading the dance floor to hardwood. The temperature is set at 22 degrees C, but can vary by 3 degrees in either direction before the heating or air conditioning system starts

S: Increase parking spot availability

QI: Physical expansion of space is not possible at this time

S: Remove the concrete flower pots that block the entrance at the basement

QI: We will not be removing the concrete planters as they provide safety to pedestrians from vehicles

S: Have food and beverage machines available in the facilities

QI: Food and drink are available in the Centre shop and dining room during regular hours

S: Allow seniors access to the gym room

QI: Only residents have access to the gym room during regular hours

Health and Safety Reminders

Solicitation of Services: Please do not open your door to solicitors. There have been reports of solicitors selling housecleaning and personal care services to SPLC clients and residents.

Client Privacy: In order to protect your right to privacy, please exercise caution when supplying any personal information to unknown parties. Protecting your information can prevent fraud and/or theft.

Health and Safety Week May 4th - 8th: Our theme this year is Road Safety. We will feature info and activities focusing on Pedestrian Safety and Driving Safety. Come visit our display in the lobby of the Centre building - you may be surprised at what you learn.

SPLC Phone Directory: Directory will be posted on each floor and is available at CSR for pick up.

Volunteer Spotlight: Jeremy Brown, Food Services

Q: Where are you from?

A: I am from a hospital in Toronto Ontario, Canada.

Q: Can you describe a typical day at St. Paul's?

A: I wake up and eat breakfast. I brush my teeth and listen to my CDs. I leave the house at 9:30 to catch the bus. When I arrive at St. Paul's I put my apron on. The first thing I do is set up the tables by placing the chopsticks, spoons, cups and plates at each setting. Then it gets very busy. I serve the food and pour coffee, tea and Chinese tea to the seniors. I also give everyone a bun. I have a new task which is greeting the seniors as they arrive. After lunch I help clean up and set up again. After lunch I have my lunch and after that go home.

Q: How long have you been volunteering at SPLC?

A: I have been volunteering for about a year.

Q: What attracted you to this type of work?

A: I like seniors.

Q: What are your thoughts on SPLC?

A: Great, I like the place a lot!!!

Q: What do you do in your free time?

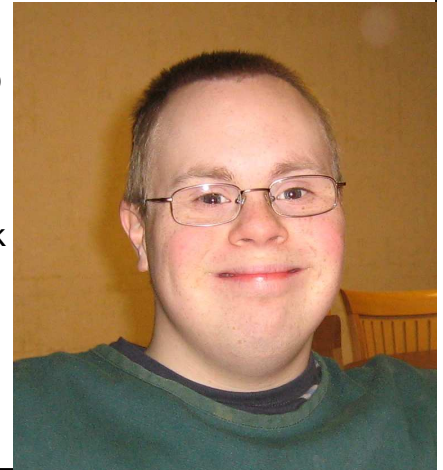
A: I like to eat. I also go to my grandmother's house.

Q: What is your greatest joy?

A: Everything. I also like horror movies.

Q: What is your biggest pet peeve?

A: When people pick on me.



Employee Spotlight: Karun Thiranagama, Facilities

Q: Where are you from?

A: Colombo, Sri Lanka. I came to Canada in 1992.

Q: What did you do before your present job?

A: I graduated with a B.A. in Economics in 1972 and have worked in property management and the security field. I was an executive with the Sri Lankan airlines.

Q: When did you start with SPLC?

A: I started in 2004.

Q: Describe your typical day?

A: I arrive at 8:30am. I clean and set up areas that are assigned. Sometimes I do cleaning in seniors' units or wax floors.

Q: What do you like about SPLC?

A: I like everything, except shoveling snow! I'm also on the Joint Health and Safety Committee.

Q: What are your thoughts on SPLC?

A: It's a good place to work. I like to work with seniors, management is very reasonable and the agency has very good standards. Management is very good at problem solving and resolving conflict between employees and clients.

Q: What do you do in your free time?

A: Jogging, basketball, and swimming. I played professional cricket in Sri Lanka in 1976. I also like watching news and sports.

Q: What is your greatest joy?

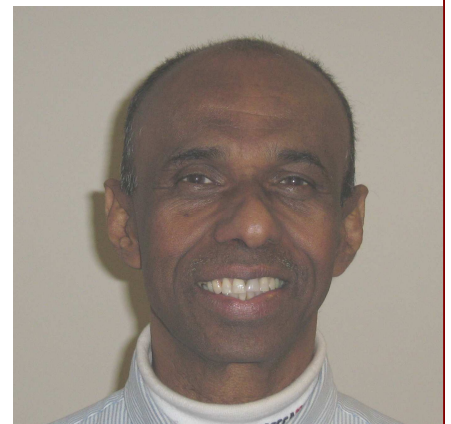
A: Hoping to win Lotto 649.

Q: What is your pet peeve?

A: I hate talking on the phone for a long time.

Q: What is your guilty pleasure?

A: Going for long drives alone.



Harmony Village News

The Harmony Village project has been suspended due to economic conditions and we are uncertain as to when it will be restarted. You can still visit the Harmony Village website to learn more about this unique lifestyle development: www.harmonyvillage.ca. For more information contact the Harmony Village-St. Paul's Sales Team: 416-324-8800.

Volunteer Recognition Event

St. Paul's will hold its annual Volunteer Recognition event on Thursday, April 23rd. Any volunteer who registered in 2008 and has contributed 40 or more hours is invited to the event. It will be held at the Shangri-La Convention Centre 50 Esna Park Drive, Markham Ontario. We would like to thank all of our volunteers who have dedicated so much of themselves to our agency and to seniors.

Globe Community Champion Program

St. Paul's residents and staff have joined this energy savings initiative by Social Housing Services Corporation (SHSC) designed to raise awareness of energy conservation measures and to build a culture of conservation amongst Residents and Staff. This initiative will commence in May, dates to be announced.



Together we can make a difference!

How to Help Us

- **Volunteer:** Volunteering binds us to our community; enhances physical and mental health and reduces stress. Learn how you can give back to your community and help others. Call our Volunteer Coordinator, Scott McDonald at 416-493-3333 ext 267.
- **Donate:** St. Paul's relies greatly on the kindness and caring of our donors. You can help better the lives of seniors by making a donation to St. Paul's via cash, cheque or credit card. Online donations now possible on our website: www.splc.ca

Contact us at 416-493-3333 or by email: info@splc.ca

Mission Statement

We are a caring, client-focused, not for profit organization, dedicated to improving the quality of life of seniors in the communities we serve, by providing services and housing in an accessible, professional and progressive manner.

Vision

To provide a services and housing environment for seniors that allows them to live independently in their community with wellness and dignity. To provide this environment regardless of language, culture or ability to pay.

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~Visit us on the web~
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Recreation Events

Companion Connections Update

St. Paul's held its first *Companion Connections* event on Saturday April 4, 2009. *Companion Connections* is modeled on a speed dating event where men and women spend 6 minutes together and then rotate. The purpose of *Companion Connections* is to bring together groups of people from across the city to meet and expand their social horizons. The event was a huge success and 21 matches were made. St. Paul's next *Companion Connections* event will be held in early September. Watch for more information in the next months.

Friday, May 1st & Saturday May 2nd, Spring Craft Show & Sale, Bridlewood Mall: Featuring the work from St. Paul's Craft & Knitting group and St. Paul's Ornamental Craft group. 10:00am-5:00pm

Saturday, May 9th, Mother's Day Tea. 2:00pm. Cost \$1.00.

Wednesday, May 13th, Yamaha School Orchestra. 7:00-8:00pm. Cost \$3.00

Friday, May 15th, Ballroom Dance Fundraising Dinner Party

Join our professional instructors, students and everyone who enjoys dance to support SPLC. Singing performances and prize draws. Century Palace Chinese Restaurant. 6:00pm to 12midnight. Tickets available at Recreation.

Tuesday, May 26th, Pickering Concert Band. 7:30-8:30pm. Free event.

Thursday, June 4th, The Funny Thing about Aging: Speaker John Yuill performs stand-up comedy. 7:00-8:00pm. \$3.00.

Sunday, June 7th, Senior Services Fair: Celebrate Seniors' Month with seniors services displays; information and guidance; dance, chorus and solo singing (Cantonese/Mandarin). Market Village 11:00am-9:00pm.

Wednesday, June 17th, Traditional Victorian Tea Party: Enjoy a spring afternoon with traditional tea and pastries. Adagio Strings Trio performs. 2:00-4:00pm. \$10.00

Tuesday, June 30th, Canada Day, Bridlewood Mall: Celebrate our nation's birthday with musical entertainment, face painting, games and prizes, a giant jigsaw puzzle and cake. Bridlewood Mall 10:00am-3:00pm. This is an all ages event.

Tuesday, June 30th, D.U.M.B Struck Safe Driving Exhibit: D.U.M.B. stands for **D**istractions **U**ndermining **M**otorist **B**ehaviour. This driving simulator is outfitted with distracting gadgets that deliver a serious message in an entertaining way. The D.U.M.B. Car will be featured at our Canada Day activities at Bridlewood Mall.

Health Promotion

New Meals on Wheels Menu: We are introducing new Chinese and Western menus that emphasize nutrition as recommended by the Canadian Food Guide and monitored by our registered dietitian. A new order form allows clients to choose meal combinations for the following week. The cost of each meal is \$6.00. In order to encourage clients to increase calcium intake, the choice of a milk order (250 ml) has also been started this month for the low cost of \$1.00 each. Our Meals-On-Wheels friendly visitors deliver meals to clients' home and make sure they are safe, healthy and well.

To sign up or if you have any questions, please contact the Meals On Wheels Coordinator at 416-493-3333 ext 285.

Important Pedestrian Safety Tips

Pedestrians need to be aware of safety at all times when crossing streets. Here are some pedestrian safety tips. We appreciate your cooperation in helping us create safe practices for SPLC staff and clients. Stay alert and be safe.

1. Make eye contact with drivers before crossing the street to ensure you are seen.
2. Always cross at traffic signals, crosswalks, crossovers and stop signs.
3. Do **not** jaywalk while crossing the road.
4. Always push the pedestrian signal button at crosswalk before crossing.



Coming soon: Pedestrian safety displays

Health Promotion Events

Social Benefits for Seniors Living in Ontario May 15, 2009 (Mandarin) 10 am– 11:30 a.m.
St. Paul's L'Amoreaux Centre - Bridlewood Centre, 3020 Bridletowne Circle.

Chronic Pain Self-Management Program, July TBA (English)

A series of six weekly English sessions on Chronic Pain Self-Management Program for people and their caregivers who are suffering from chronic pain .

To register for a talk/workshop, call CSR at 416-493-3333

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