



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

Message from the Executive Director

In keeping with our strategic goal of ensuring client and staff health and safety as well as meeting the requirements of Accreditation Canada (formerly the Canadian Council on Health Services Accreditation), we have made significant improvements to our health and safety programs. We have re-evaluated our health and safety statement for staff and have created a new client health and safety statement.

We joined *Safety Groups*, a program offered by OSACH (Ontario Safety Association for Community Healthcare) to maintain and improve our high standards of health and safety for staff, volunteers and clients. We have updated our Emergency Plan, Return to Work policy and have plans to implement a new Worker Well-being policy. All of these enhancements demonstrate our commitment to both client and staff health and safety.

As we head into the summer months, we're looking forward to some exciting changes at the Centre. We will undergo some structural improvements to the physical building. We are planning a new bus turnaround. This will ease traffic congestion and make the area safer for pedestrians and drivers and give the courtyard a more pleasant, inviting appearance. We will also take advantage of some environmental efficiency changes that will help us reduce waste and implement a better recycling program for every work station.

A special thank you goes out to all of you who made a donation to help in relief efforts for the recent tragedies that occurred in China and Myanmar. Funds received will go towards the Primate's World Relief and Development Fund (PWRDF), the Anglican Church of Canada's agency for relief, refugees, and global justice.

Larry Burke,
Executive Director

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Fundraising & Grants Update

Donations for China and Myanmar: St. Paul's raised \$1,977 to support relief efforts in China and Myanmar. The donations will go to the Primate's World Relief and Development Fund. Thanks to everyone who donated.

Nutrition Awareness/Meals-on-Wheels Program: Funded by the Central East LHIN, this program aims to deliver nutritious meals and culturally appropriate meals to clients upon request. It also provides information on diet and nutrition by making referrals to registered dietitians and offering healthy eating workshops. Meals-on-wheels friendly visitors deliver meals and monitor the health and well being of clients.

St. Paul's Annual Walkathon: Grab a pledge form and your sneakers on Friday, September 26th and help us fundraise to subsidize St. Paul's programs and services for lower income seniors. Participants will enjoy a leisurely walk, lunch and entertainment. You can get your pledge forms at Recreation or from CSR.

Staff News

St. Paul's received a certificate of appreciation from George Brown College for hosting a student internship. We have had a long standing educational partnership with George Brown College, among many other academic institutions, and look forward to continuing the relationship.

Congratulations to Sherry Mok and Agnes Lau who were nominated along with 104 other nursing professionals for the Toronto Star Nightingale Awards. The Nightingales honour excellence in the nursing field. Both Sherry and Agnes received certificates for nomination from the Toronto Star.

Client News

Happy Birthday Stella George and Eva Holland! Both ladies turned 100 years old this year. Thanks to all who came out on July 4th to help celebrate.

Quality Improvement Corner

Terrace Restaurant Survey: Thank you to all who participated. We are planning focus groups for staff and clients to give their feedback.

Client Satisfaction Survey: Please take a moment to complete our annual client satisfaction survey and return it to CSR. Your suggestions help us make our services better.

Health & Safety

Please be aware that there has been a recent resurgence in bed bug outbreaks in the GTA. Resources are available to identify and remedy the situation. Please contact a member of the Facilities or Client Care team.

Greetings and Goodbyes

We would like to extend a warm welcome to new employees who joined us in the past few months:

Greetings: Carmen Kwok, Home Support Supervisor; Mi Ling Wong, Translator and Administrative Coordinator; Rudigario Gatmaitan, Janitor; Jacqueline Yu, Data Entry Assistant; Amanda Baoling Deng, Personal Support Worker (Home Support); Winnie Shuk Yee Lo, Home Cleaner; Queenie Jiang, Escort/Program Assistant; Benny Zi Bin Xu, Personal Support Worker (Home Support); Michael Nieva, Facilities; Philip Chan, Facilities; Annette Williams, Program Assistant; Xiaotong Momo Dong, Food Services; Sue Tsui Fong Liu, PSW; Bennet Chung, Security; Amanda Baoling Deng, PSW; Winni Lo, Home Cleaner; Bennu Xu, PSW; Melissa Fung, Supportive Housing; Lyssa Cheng-Ali, Case Manager.

We also welcome summer students: Amreen Sameja, Finance; Vinita Persaud, and Michelle Lee, Harmony Village; Janny Wan, Food Services; Philip Chan, Facilities; Queenie Jiang, Program Assistant.; Neha Katoch, Recreation Program Assistant; Anisha Moti, Census

Analyst and Eva Liu, HR Assistant

Promotions: Shirley Cheng, Program Assistant; Udo Rohmann, Director of Facilities; Diane Duncan, Director of Human Resources; Zoe Yu, Senior Director, Development.

Goodbyes: Peer Leaders from the *Scarborough Multi-Cultural Physical Activity Leadership Capacity Building Project*— Fawzia Essa, Magy-El-Tayar, Aihua Sherry Jin and Connie Li.

Goodbye also to Arale Tam, Gompa Tashi, Aldith Clinton, May Chang Liu, Yu Wen Qi, Vivienne Mills, Lucia Robelo, Linus Ip, Jennifer James; Patrick Ho; Kitty Kwok, Jun Helen Jiang, Lucy Zhang.

We wish you good luck in your future endeavours.

On Leave: Diana Tsui, Leanna Liang, Faith Feng Qin Xing

Volunteer Spotlight: Edna Kelly

Q: Where are you from?

A: Montreal, Quebec

Q: Describe your typical day?

A: I don't have a typical day. Every day is something different as I have many different volunteer duties. I'm a back-up Wing Aid, assist with card games and also a back-up for the Saturday Bingo. In addition to having a support role for many volunteer positions, I'm also a volunteer escort, take clients to various appointments and make sure they return home safely. I deliver newspapers and water plants for people when they are on vacation. I volunteer in the office all the time.

Q: How long have you been volunteering at SPLC?

A: I have been volunteering here since I moved in 6 years ago.

Q: What attracted you to this type of work?

A: After I retired from work, I was so used to the 9 – 5 routine. When I retired I didn't know what to do with myself. I looked into some part-time work but wasn't interested because I had already worked for 35 years. I started to volunteer at a hospital which I enjoyed. When I moved into St. Paul's, people started to ask me for help which appealed to me because I enjoy helping others.

Q: Why do you volunteer?

A: I can not just sit by when I see people in need.

Q: Why should people, in general, volunteer?

A: People who are willing to volunteer should volunteer, not because someone tells you to do it, but to help people.

Q: What are your thoughts on SPLC?

A: It's a good place to live. There are good people in the office who give you the motivation to want to help others.

Q: What do you do in your free time?

A: I play cards and take walks with friends. I belong to a Sunday walking club.

Q: What is your greatest joy?

A: When my daughter comes to visit.



Employee Spotlight: Vincent Chow, Cleaning Team Leader

Q: Where are you from?

A: I'm from Hong Kong. I came to Canada in 1997. I was a property operations officer and handled maintenance and repairs.

Q: Describe your typical day?

A: I supervise 5 team members. Every day we have to set up for programs and handle job orders. Sometimes there are emergency calls we have to take care of.

Q: How long working at SPLC?

A: I have been here for over 5 years. I started in March 2003.

Q: What do you like about working at SPLC?

A: All the clients and staff are very nice. Clients treat me like family. Sometimes they talk to me about what's happening in their lives.

Q: What are the challenges at work?

A: We're always working to keep the property clean, nice and comfortable.

Q: What are your thoughts on SPLC?

A: St. Paul's is a nice place. I like to see new people moving in and making new friends and enjoying their lives

here.

Q: What do you do in your free time?

A: I like travelling. I went to Europe two months ago. I visited Italy, France, Portugal and England. My favourite place was Madeira Island in Portugal. I also enjoy gardening although I'm not an expert.

Q: What is your greatest joy?

A: My daughter. She's 20 years old and will graduate university in 3 years. At work, my greatest joy is when someone says I did a good job.



Harmony Village News

After finishing up final preparations, such as painting walls and installing furniture, we are happy to announce that the sales office has opened. The sales office will be open to the general public in September 2008.

You can always 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 Team
416-493-0123



Getting to know St. Paul's

If you're receiving this newsletter, you're familiar with some of our programs and services. Here are other services we offer:

The Terrace Restaurant: Our on-site restaurant serves Chinese and western cuisine during lunch and dinners, and breakfast buffets every Thursday. If you haven't visited, come in and have a bite to eat and make new friends.

Hair salon: Feel free to make an appointment at our hair salon located on-site at the Centre. The salon is open Tuesday, Thursday & Friday 9:15-4:00pm.

Centre Shop: Our Centre Shop offers basic food necessities, greetings cards, TTC tickets and other convenience items. Hours of operation: Tuesday, Thursday & Friday open 9:15-3:00pm; Wednesday open 9:15-12noon. Closed Monday.

Want to Volunteer?

Volunteering is an excellent way to help St. Paul's advance its mission of improving the quality of life for seniors in the community. We have several opportunities available for individuals to join our volunteer team. Meet new friends, share or learn a new skill, and give back to the community.

Call our Volunteer Coordinator, Scott McDonald at 416-493-3333 ext 267.

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~Visit us on the web~
www.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.

Recreation Upcoming Events

Day Trips

Friday, August 15, 2008

20th Annual Senior's Jubilee at Roy Thompson Hall --Celebrate the annual seniors showcase featuring over 1300 performers aged 50+ from across Ontario.

Friday, August 29, 2008

Lady Muskoka Boat Cruise --Enjoy a 3-hour boat cruise and lunch on Lake Muskoka.

Monday, September 8, 2008

Metro Toronto Zoo Senior Day Trip --Enjoy a day at the Toronto Zoo -- one of the largest in the world.

Friday, September 19, 2008

Toronto Botanical Garden & Edwards Gardens --Enjoy contemporary and estate gardens. Buffet lunch at Jerusalem Restaurant Mid-Eastern Cuisine.

Thursday, October 16, 2008

Oktoberfest Celebration & Fall Leaves -- Oktoberfest buffet lunch and live entertainment at the Concor dia Club.

Friday, November 21, 2008

Old Mill Inn & Christmas Shopping-- Lunch buffet and shopping.

Thursday, December 4, 2008

The Sound of Music" Musical--The North American premiere of the acclaimed, smash-hit London show.

Special Events

Friday, September 12, 2008

Mid Autumn Festival Buffet Luncheon-- Enjoy lunch and the mid-autumn festival.

Thursday, September 18, 2008

"Country & Western" Dinner & Show-- Join us for a night in Nashville on Opryland Drive. Guest performer Sandra Cohen.

Thursday, October 9, 2008

Fall Follies Concert—Oldies from the 50's, 60's & 70's with guest entertainer, Dennis Gibbons.

Thursday, November 6, 2008

Remembrance Dinner & Show

A sentimental journey through the wartime period with Jayco Productions.

Saturday, November 15, 2008

Christmas Bazaar ---Shop for handmade gifts and goodies.

December 2008

Christmas Dinner Celebration---Enjoy a wonderful Christmas feast followed by entertainment from the 'Harmony Showband.'

For more information on events and trips, call the Recreation Dept: 416-493-3333

Health Promotion & Special Projects

Active Living Fair: Thanks to a grant from the Older Adult Centres Association of Ontario, St. Paul's Bridlewood Centre site will host an Active Living Fair on October 4, 2008. The Fair will feature exhibitors in the field of senior care and host health talks in English, Tamil, Cantonese and Mandarin. All are welcome to attend. Watch for more information on St. Paul's 1st Active Living Fair.

Scarborough Breast Health Community Action Project

In collaboration with community partners, St. Paul's offers breast health information sessions, and breast screening support services in six languages - English, Cantonese, Mandarin, Somali, Tamil, and Urdu. Over five hundred women from diverse communities in Scarborough have learned about the benefits of good breast health practices. Forty women have used interpretation, transportation, and informational support. This project is funded by Canadian Breast Cancer Foundation - Ontario Region. If you would like to learn about early detection of breast cancer, Ontario Breast Screening Program, and supportive services to attend breast screening, please contact Elsa Uy 416-493-3333 ext. 227.

Early Detection of Breast Cancer

- One in 9 women is expected to develop breast cancer during her lifetime.
- One in 28 will die of it.
- When Breast Cancer is found and treated early, there is a good chance it can be cured.
- The chance of getting breast cancer increases with age, especially after age 50.
- Breast cancer death rates have declined in all ages combined and in every age group since at least the mid 1990s.
- Women over 40 years old should have a yearly breast examination by a health professional.
- Women 50 years old should have a mammogram (breast x-ray) every two years.

Health Talks

Brain health	BC*	Aug 15	10:00a.m.	Mandarin
Brain Health	SPLC	Sept 18	2:00p.m.	English
Elder abuse	SPLC	Sept 12	2:00p.m.	Mandarin
S.A.L.T. Pedestrian Safety	SPLC	Sept 10	1:00p.m.	English
S.A.L.T. Pedestrian Safety	SPLC	Sept 10	2:30p.m.	Cantonese
S.A.L.T. Trip to 42 Division	***	TBA	*****	English
Tamil Speaking Seniors Yoga	BC	TBA	*****	Tamil
Tamil Speaking Seniors breast health workshop	BC	Aug 12	11:00a.m.	Tamil
Tamil Speaking Seniors meditation group	BC	Aug 9,16&30	10:00a.m.	Tamil
Tamil Speaking Seniors healthy eating workshop	BC	Aug 26	10:00a.m.	Tamil
Active Living Fair - Heart Health	BC	Oct 4	10:00a.m.	See above

*SPLC: St. Paul's 3333 Finch Ave. East

*BC: Bridlewood Centre 3020 Bridletowne Circle

To register for a talk/workshop, call CSR at 416-493-3333 ext. 280

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