



Message from the Executive Director

I am pleased to let you know that we have received some funding from the government's economic stimulus package that will allow us to make a number of upgrades to our building.

The funding must be spent by March 31, 2010 so you can look forward to these upgrades happening this winter. We will be applying for additional stimulus funding next year and hope to be able to make even more substantial upgrades to our site.

And speaking of winter, it won't be long until the snow flies and we will be forced to deal with winter conditions. It's at this time of year that many slips and falls occur due to slippery conditions. Please take the time to read the suggestions in this newsletter with regard to winter safety. We want all of you to get through this season without a slip, trip or fall. Your health and safety is our first concern.

We have also begun our strategic planning process for the next three years and we are conducting sessions with our Board, staff and community. The purpose of these meetings will be to confirm our mission, vision and values and develop our goals for the future. We will share these with you in our next newsletter.

I want to take this opportunity to thank all of you for making 2009 another successful year for St. Paul's and I particularly want to thank our volunteers for their huge contribution to our success.

As the year ends I want to wish you all a very happy holiday season and an even more successful 2010.

Larry Burke
Executive Director

Winter/Spring
2009-10

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Funding & Events Update

New Horizons Day Programs Grant: Human Resources and Social Development Canada awarded SPLC a New Horizons grant. The grant went towards the renovation of our 4 day programs. All day program areas have new flooring, paint and underwent maintenance improvements.

St. Paul's Annual Walkathon Sept. 18th: We raised \$25,333.50 in support of our day programs. Thanks to everyone who came out to support us by walking and ensuring that the event was a success.

Innovations in Health Care Expo Nov 18th: The S.A.L.T. Project was accepted at Innovations in Health Care held at the Metro Convention Centre. S.A.L.T. was also selected as a finalist for the Minister's Award of Excellence. Congratulations to the S.A.L.T. team for your hard work and promoting senior safety.

Quality Improvement Corner

Accreditation 2010: We have started the preparations for our next accreditation survey. Staff are busy working on action plans to close gaps identified through the assessment process.

Hand Sanitizers: We have installed more hand sanitizers on each residential floor in the Centre building to facilitate infection prevention and control.

Health and Safety Corner

Defibrillators Installed: Defibrillators are now installed in the Terrace Restaurant and Centre Residents' Entrance (B). The third defibrillator will be installed in the Customer Service area. **Please Note:** DNR requests cannot be acknowledged in public areas.

Emergency Pull Cords: Use the pull cords to activate the Emergency Response System. If situation is life threatening--call 911, then security. If you're in the Terrace Restaurant, give address to EMS as 2800 Warden Ave Terrace, 1st floor dining room.

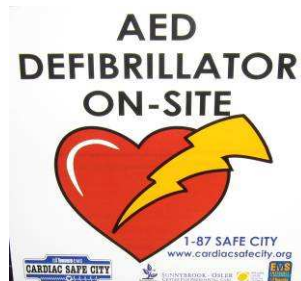
Safe Walkways: During the winter months, please do not use driveway as walkway. This area can become dangerous with ice and snow and result in accidents. For the safety of staff and clients, please use the raised pathways on either side of the parking lot to enter the Centre.

Fragrance free environment: Many people have a strong reaction to perfumes and scents. Please be kind to your fellow members by reducing the use of scented products before you leave home.

H1N1 Update ~ Good Infection Control Practices:

Please continue to take care of yourself and help to stop the spread of influenza. Remember to do the following to practice good infection control:

1. Wash your hands: Wash your hands often with soap under warm running water for 20 seconds. If you cannot wash your hands, use an alcohol-based hand gel if soap and water are not readily available. It's a good idea to keep some with you in your pocket or purse when you travel.
2. Practice proper cough and sneeze etiquette: Cover your mouth and/or nose with your clothing or fabric to reduce the spread of germs. Remember to wash your hands afterwards.
3. Try to avoid close contact with sick people.
4. Consult your doctor or Health Care Professionals if you have concerns or if you have any symptoms such as a new or worse cough, fever, aches or chills.



Volunteer Spotlight: George Panagakos-Stathakos, Greek Day Program

Q: Where are you originally from?

A: Originally from Greece. I moved here in 1970.

Q: Describe a typical day?

A: A typical day for me in the Greek Day Program is a happy one. It is a well structured and friendly program that I enjoy volunteering in. When I first come in, I greet all the clients by name. After we share some discussion we usually talk about their appetites and share some Greek food. The team of staff and volunteers always talk about ways that we can make all the clients' time here more and more rewarding.

Q: How long have you been volunteering at SPLC?

A: I have been volunteering here since September 2008 and I already have over 600 volunteer hours.

Q: What attracted you to this type of work?

A: I have been volunteering all my life. My goal in life has always been to give something back to society. I enjoy being able to communicate with the clients in Greek especially since seniors usually like to communicate in their mother language even if they can speak another language.

Q: Why do you volunteer?

A: I volunteer because it is fulfilling. My mother always told me to help others. When I was a little boy back in Greece I would help seniors carry their groceries. When I got older I volunteered coaching soccer. My whole life I have volunteered anywhere possible.

Q: What do you do in your free time?

A: I volunteer so much that I do not have very much free time. When I do have some time I enjoy painting, sculpture and writing books.

Q: What is your greatest joy?

A: To see people happy and healthy. My grandchildren and children. People living in total understanding with no discrimination.



Employee Spotlight: Roula Chatziathanassiou, Program Assistant, Greek Day Program

Q: Where are you from?

A: I'm from a town in northern Greece called Florina. It's close to Yugoslavia and Albania.

Q: What did you do before coming to SPLC?

A: I started here in 1995 when it was Cana Place. In 2000, I went to work at Amica for 3 years and then the Hellenic Home for the Aged. I graduated in 2004 from the Royal Institute as a PSW then I came back to SPLC.

Q: Describe your typical day?

A: I arrive at 7:00am and check messages. I wait for drivers to go to clients' homes to escort them. We have breakfast at the Centre, play games and activities, and do cooking. Then lunch is served. At the end of the day, I escort clients home.

Q: What do you like about your job?

A: I like working with the elderly. It's my passion. Whatever I can do for them to make them happy.

Q: What are the challenges of your job?

A: It's a challenge to continuously improve the life of

our clients.

Q: What are your thoughts on SPLC?

A: I've always liked SPLC. It's very good to work for this organization. I like the people and the environment. Everybody's happy.

Q: What do you do in your free time?

A: I like music and dancing. Most of my free time, after work, I like to go shopping.

Q: What is your greatest joy?

A: I love spending time with my granddaughter.

Q: What is your pet peeve?

A: I don't like miserable people, ignorance and when people don't treat others with respect.



Looking for Holiday Gift Ideas?

Why not buy a membership to our Recreation Department? A great way to stay fit and healthy. Members enjoy access to fitness, leisure, educational and social activities. A membership is a terrific introduction into St. Paul's. You can also treat your family or friends to gift certificates at the Terrace Restaurant or for personal services such as the hair salon.

Call 416-493-3333 for more information

Become a Volunteer

Looking for a way to give back to the community and share your knowledge and skills? Becoming a volunteer at St. Paul's is a rewarding and enriching experience. Your time and compassion will help others in need. Why not become a volunteer? Come out to an information session and get to know more about St. Paul's and how you can get involved.

January Sessions

- **Information session:** January 5th, 4:00 - 5:00 pm (Tuesday)
- **Information session:** January 21st, 10:00 - 11:00 am (Thursday)
- **Orientation Session:** January 26th, 4:00 - 5:00 pm (Tuesday)

February Sessions

- **Information session:** February 2nd, 4:00 - 5:00 pm (Tuesday)
- **Information session:** February 18th, 10:00 - 11:00am (Thursday)
- **Orientation Session:** February 23rd, 4:00 - 5:00 pm (Tuesday)

March Session

- **Information session:** March 9th, 4:00 - 5:00 pm (Tuesday)
- **Information session:** March 25th, 10:00 - 11:00 am (Thursday)
- **Orientation Session:** March 30th, 4:00 - 5:00 pm (Tuesday)

For more information on volunteering, call the Volunteer Coordinator 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.

Upcoming Events

Wednesday, December 16, 2009 6-9pm ~ Christmas Dinner & Show

Enjoy a wonderful dinner prepared in our dining room followed by entertainment from members of 'The Good Times Orchestra'. Cost: \$20 for Dinner, Show & Gift; \$10 for show only & gift.

Friday, February 19, 1:00– 3:00pm ~ Chinese Opera Show for Chinese New Years

Enjoy Cantonese opera and Cantonese songs and gifts. Tickets will be available on January 20th. Free event. Terrace Restaurant and Recreation Room.

Thursday, January 28, 2010 6:00-8:00pm ~ Tribute to Robbie Burns Dinner & Show

Join us for a traditional Scottish meal complete with bagpipes played by the Padre Piper Rev. Ken Bice followed by the sounds of Scotland performed by our guest entertainer Sandra Cohen. Cost: \$20; show only \$10. Terrace Restaurant and Recreation Room.

Wednesday, February 10, 2010 6:00 – 8:00pm ~ Valentine's Dinner & Show

Celebrate Valentine's Day with a delicious meal prepared in our dining room followed by wonderful entertainment by our guest performer Marie Gogo, as well as games and prizes. Cost: \$18. Terrace Restaurant & Recreation Room.

Friday, February 19, 2010 12:30– 3:30pm Chinese New Year Celebration

Taste some traditional Chinese snacks and refreshments. Enjoy entertainment and games and learn about Chinese myths and customs surrounding the Lunar New Year. Cost: \$4; show only \$1. Terrace Restaurant & Recreation Room.

Wednesday, March 17, 2010 11:30am – 2:00pm ~ St. Patrick's Day Luncheon

Erin Go Bragh! Celebrate Ireland with a traditional Irish meal, games and entertainment to follow with our guest entertainer "The Sing-Along Guy" Dennis Gibbons. Cost: \$12. Terrace Restaurant & Recreation Room

Saturday, March 27, 2010 5:30–10:00pm ~ Toronto Passion Play

The Toronto Passion Play, an Easter theatrical experience featuring a new script, live orchestra and a cast of 250 individuals. Cost: \$15; members \$10 (includes bus and admission).

Saturday, April 24, 2010 7:00 – 9:30pm ~ Tamil & Singhalese New Year's Celebration

Puthandu Vazthukal! We will be celebrating the Tamil & Singhalese New Year by sharing in cultural food, costume and entertainment. Come and join in the fun! Cost: \$8. Recreation Room

For more information, call the Recreation Coordinator at:
416-493-3333 ext. 256

Avoiding Winter Slips, Trips and Falls

Winter is coming soon. Snow and ice create slippery conditions that require special attention to safety. Here are some things to keep in mind to help you stay safe during the winter season.

Footwear: Wear appropriate winter footwear and clothing e.g. winter boots, ice traction footwear-devices and ice cleats where appropriate.

Check forecasts: Check the weather conditions prior to going outside. Make sure you are dressed appropriately before going outside and wear a hat, scarf and gloves.

Safe walkways: Use walkways that are well-lit and have been cleared and treated for snow and ice. Always use sidewalks and the cleared paths in parking lots. Never walk between parked cars. Remember to have your steps and walkways cleared prior to visitors coming over or going outside.

Walking surfaces: Pay attention to the walking surface. Streets and paths may become wetter or slicker ahead of you. Look down, however, only with your eyes. If you bow your head, it could propel you forward. Be alert for black ice -- particularly in the days following a storm.

Carrying items: Carry only those items necessary. Carrying weighted or bulky packages is also risky causing you to lose your balance and slip.

Reporting: Report hazardous or icy conditions to a case manager, security or facilities employee immediately. Your actions will help others stay safe.

Mobility devices: If you use a cane, attach an ice pick at the end of it. Cane picks will be slippery on hard surfaces so be sure to flip the pick back when you get indoors.

Health Promotion Events

Jan. 13th 1:00p.m. - 3:00pm ~ CNIB Service Date (Drop-In Service)

Jan. 20th – Feb 24th 1:00-3:30pm ~ Diabetes Self-Management Program (Register before Jan 8)

Feb. 27th 1:00 - 4:00pm ~ Mandarin Speaking Seniors Lunar New Year Party (Pre-registration required)

Feb 12th 10:00-11:30am ~ Health Talk in English - *Caregiver Stress*

Mar. 13th 2:00 - 3:30pm ~ Friendly Visiting Social Tea Party (Pre-registration required)

Mar. 4th, 11th, 18th ~ Income tax clinics (low income residents only). Call in February to book appt.

To register in health promotion events, please call 416-493-3333

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