

NEWSPRINT

Helping People Live at Home Safely since 1973
November 2008

New service takes anxiety out of coming home alone from hospital

SPRINT now offers a new service to take the worries out of going home from hospital.

The new program, known as Home at Last, provides eligible patients with a Personal Support Worker. The worker meets the patient at bedside, accompanies him or her home and helps the patient settle in at home. It's possible to make stops along the way to pick up medications, equipment or necessities. The patient can also take home complimentary Meals on Wheels dishes so the fridge won't be empty.

A SPRINT client recently said she "was very impressed" by the support available from the Home at Last program. "My worker was prepared to assist in any way that would help me to settle in at home," she said after her discharge from hospital.

The Home at Last program is funded by the Ontario government. Eligible patients don't have to pay for the services, including follow-up visits after the patient gets home. The program doesn't fund medications or groceries.

Susan Mintz, Manager of Social Work and co-ordinator of the program at SPRINT says, "Home at Last is meant for people who need a leg up to get home a bit sooner." She adds, "Patients who receive support during the first hours after coming home from hospital are less likely to be readmitted unnecessarily." *more on Page 2*

What's INSIDE this Issue?

Home at Last	Page 1
Community Dining expands	Page 2
Toronto Ride expands services	Page 2
Workshop on diabetes	Page 2
Foot clinics launched at 140 Merton	Page 3
Tips for a healthier winter	Page 3
Health & Wellness Program expands	Page 3
Volunteer loves to share music	Page 3
Fall prevention exercise classes	Page 4
Charlotte Maher honored	Page 4
Sprint Board of Directors	Page 4
Sprint Service Area	Page 4

Editorial Contacts

NEWSPRINT is published by SPRINT four times a year. Publisher: Jane Moore. Editor: Nandy Heule. We welcome your comments or story ideas. Contact the Information Desk at **(416) 481-6411**.



Cathy Palmer enjoyed a hot lunch recently at a Community Dining program. A new luncheon program is starting at Timothy Eaton Church. Read our article on page 2 for more information.

Home at Last helps patients (from page 1)
Home at Last services are provided through a partnership between seven of Toronto's hospitals, nine community service agencies such as SPRINT and CCAC (Community Care Access Centre). Patients about to be discharged will be told about the service by their hospital discharge coordinator. Of course, patients can also inquire about Home at Last. The program is now available at Mount Sinai, St. Joseph's Health Centre, St. Michael's Hospital, Sunnybrook and Toronto East, Toronto General and Toronto Western hospitals.

"We expect the program to grow and expand in the months ahead," says Susan.

A SPRINT client recently told Ms. Mintz how happy she was with Home at Last. "My last discharge from hospital was a much worse experience. No help was provided and I felt very alone." She added, "This time, the personal care worker seemed interested in my needs and anxious to help."

Community dining good for body and soul

This month, SPRINT is launching a new community dining program for seniors at Timothy Eaton Memorial Church at St. Clair and Avenue Road.

Residents 55 and older are invited to enjoy lunch and entertainment at the church every Thursday at noon. Diners will be charged \$6 for a hot lunch.

"The church is excited and delighted to provide this opportunity to seniors in the community to dine together in fellowship," says Rev. Andrew Stirling of Timothy Eaton. The first lunch will be served on November 6th.

Sonja Koch, Community Dining Supervisor, says, "We can provide transportation to the dining program if needed." Residents in the community around the church who don't attend Timothy Eaton will, of course, be most welcome to attend, she adds.

To make reservations for lunch and to arrange a ride to this or any other SPRINT community dining program call **(416) 481-6411**. Similar services are offered at various other locations in North Toronto such as Montgomery Place at 130 Eglinton Ave.

East, and North Toronto Memorial Community Centre at 200 Eglinton Ave. West.



Toronto Ride good alternative to buses in winter

When the snow starts flying and it becomes daunting to take public transit, SPRINT encourages you to check out the improved Toronto Ride program. This program provides transportation to medical appointments, shopping, SPRINT programs and other destinations.

SPRINT is a member agency of Toronto Ride, so if we cannot accommodate your request, we can post it so a neighbouring agency can help you. We are working together to provide our clients with the best possible transportation services. Call the SPRINT Information Desk at **(416) 481-6411** to schedule a ride.

Workshops on Diabetes now available

More than two million Canadians have diabetes, and information is the key to successfully managing and preventing this disease.

Mid-Toronto Diabetes Education Program is a non-profit organization that provides education and support to individuals with type 2 diabetes, pre-diabetes, and for those at risk. Our workshops and individual sessions are facilitated by a registered dietitian and nurse. They cover many topics such as healthy eating, active living, recognizing risk factors, preventing health problems, testing blood sugars, foot care, managing stress and more!

Many Canadians have type 2 diabetes and don't know it. Get tested! You can contact Sasha Whiting of Mid-Toronto Diabetes at **(416) 486-8666**. November is Diabetes Awareness Month.



Foot care clinics at 140 Merton St.

(The SPRINT building)



You can now book appointments with the SPRINT foot specialist Beth Little, RPN. Call the Information Desk at **(416) 481-6411** to schedule your time slot on **Nov. 26 or Dec 3, 2008.**

Three steps towards a healthier winter!!

1. Get the flu shot!!

Free flu shots are available from Oct. 27 until Dec. 13 and from Jan. 5 – 8 at clinics set up by Toronto Public Health. You can check www.toronto.ca/health for locations or call (416) 338-7600. The influenza shots are also widely available at Shopper's Drug Marts and Rexall pharmacies.

2. Prevent falls!!

- » Check your footwear. Examine your shoes and boots. How is the traction? Is it time for a new pair?
- » Keep your shovel and salt in the house!
- » If you have railings leading up to your front door, check to see if they are sturdy. If you slipped, would they be able to support you?
- » Bring a cell phone when you leave the house.
- » Ask for help. Most people are happy to help you navigate a slippery walkway.
- » Call the SPRINT Information Desk to ask about SAINTS. This group can find a high school student to shovel snow for a reasonable fee.

- » Attend a fall prevention workshop offered by SPRINT. (Source: Mike D. Ross is an exercise physiologist who writes for www.ezinearticles.com)

3. Wash hands often!!

Many of us remember reminding our small children again and again to wash their hands. And, most of us can't help but smile when we think of the many times we forgot to do so ourselves. As we get older, our risk of becoming seriously ill with the flu and its complications increase. SPRINT Personal Support Workers and other staff members can give you a demonstration of effective hand washing.

Open House and Tour Ewart Angus SPRINT Homes

Friday, November 28, 2008

4:00 p.m. – 6:00 p.m.

268 Merton Street, Toronto, ON M4S 1A9

Call (416) 544-0689 for more information

** dedicated to 24-hour care for people with early to mid-stage Alzheimer Disease or other dementias **

The Health and Wellness Program is expanding

The **Gentle Exercise Club** is offered at Montgomery Place beginning November 4th, and then every Tuesday from 10-11am. Also starting in November, on Wednesdays, SPRINT offers a new **Living Well Club** to discuss health and social issues, learn exercise techniques, exchange ideas and share experiences. Please call Justine at **(416) 481-6411 ext.287**. Classes are free and everybody is welcome.



Volunteer loves to share her music

Teresa Poon knows that good food deserves to be accompanied by lovely music.

"Thanks for giving me the opportunity of being a volunteer as a Community Dining server and a piano player," Ms Poon recently told SPRINT. She wrote in an email, "I cherish these opportunities very much."
(... more)

Volunteer – continued from page 3

Ms. Poon volunteers on a regular basis at different SPRINT programs and locations. She has been offering her time and skills for 3 years and also attends training opportunities made available by the agency.

After attending a session on Alzheimer disease, she said she learned a lot about this disease. "It is definitely going to help me," she said.

The SPRINT volunteer department welcomes new people to get involved in programs such as Friendly Visiting, Community Dining and other initiatives. Please contact Abha Govil at **(416) 481-6411, ext. 267** or a.govil@SPRINT-homecare.ca.

**** Sign up for free exercise classes ****

Are you afraid of falling? Come to the **Falls Prevention Series** offered by SPRINT and Sunnybrook Health Sciences Centre. Physiotherapists from the Sunnybrook Geriatric Day Hospital will conduct a series of six classes of exercises that you will be able to continue with at home. Information about falls prevention will be provided. There is no charge for this program.

Where: George Barker Manor
384 Mount Pleasant Rd. (at Merton St.)

When: Mondays November 10, 17, and 24
Wednesdays November 12, 19, and 26

Time: 9:30-10:30am

You are also invited to attend a Lunch 'n' Learn on November 26th at 11:45 a.m. To register for these events, and for transportation inquiries, contact SPRINT at (416) 481-6411.

Charlotte Maher to be honored

P.O.I.N.T. Inc. (People and Organizations in North Toronto) is honouring Charlotte Maher, for her extraordinary contributions to the community and the city, at a luncheon at the North Toronto Memorial Community Centre on Thursday, Nov. 20, 2008 at 12:30 p.m. For information, call **(416) 487-2390** or email point@pointinc.org. Charlotte helped found SPRINT and continues to serve on our history committee. Congratulations, Charlotte! You are an inspiration to many.



This map shows the area SPRINT services. Call us at (416) 684-6411 for more information.

SPRINT is a non-profit agency. No eligible person is denied service solely due to an inability to pay.

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Donating to SPRINT

YES! I want to make a donation to help North Toronto seniors live at home safely and independently.

METHOD:

I enclose my cheque for \$ _____ (cheque payable to SPRINT)

Please charge my VISA card

Card No: _____ Exp. date _____

Name: _____

Signature: _____

A tax receipt will be issued for all donations of \$10 or more. Please cut this form and mail it with your cheque in the enclosed envelope.