

Mid Toronto

community services inc.

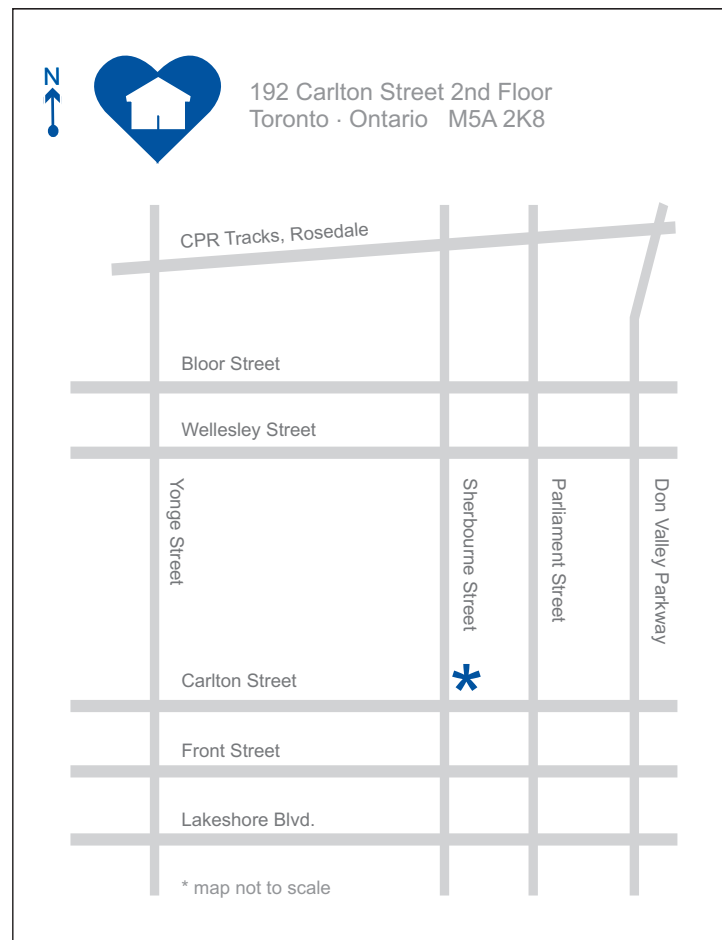
bringing care home

For more information check out our website:

www.midtoronto.com

“No one has ever become poor by giving.”

Anne Frank



Mid Toronto

community services inc.

bringing care home

Client Profile: Lila Vamosi



Lila Vamosi has been a client of Mid-Toronto Community Services for almost a decade. Lila's contributions to the agency have been invaluable both to staff and to her program peers. Not only is she a client, she is also a volunteer. Lila currently sits

on the Members Council as a representative for the Adult Enrichment and Wellness Program (AEP). She is an active member of the Program Advisory Committee. To top it all off, Lila is also the Health and Safety Advisor for the members of the AEP. In this letter she writes:

“On a daily basis I am so thankful to the Adult Enrichment and Wellness Program (AEP). It has changed my life and has given me hope. I was introduced to the program several years ago. When I arrived I was at a low point in my life suffering from a long depression and the loss of three loved ones. I felt so alone. Over a period of time, with the help of staff I came to realize what a wonderful program this is for seniors. I no longer felt socially isolated. My depression lifted as I met many wonderful people from many walks of life. This gave me a sense of belonging.

The AEP is so varied and interesting that there is never a dull moment. It is suitable for both men and women. I enjoy meeting with other groups who are affiliated with the program. I have made many friends and now have a sense of security knowing I can at any time go to staff for help if needed.

Before I joined the program I wanted no part of responsibility for anything. Now since I have been here I have taken on some little responsibilities that have given me a sense of usefulness. This has overflowed to my personal and family life. My family is delighted that I am happy again.



What's Inside

Client Profile	1
New Meals on Wheels Program	2
Dedicated donors	3
Important Dates	3
Staff News	4
New Happenings	4
Winter Tips	5
A Great Way to Give	5
Reaching Out	6
United Way	6
Your Invitation	7
Membership Form	7
Donation Form	8

Yes, I would like to support

Mid Toronto
community services inc.
bringing care home

NL_dec 07

name _____ email _____ telephone _____

address _____ city / province / postal code _____

One Time Donation

\$20
 \$40
 \$75
 other _____

Visa
 Master Card
 American Express

Monthly Donation (Bringing Care Home Club)

\$10
 \$15
 \$20
 other _____

I have enclosed a blank cheque marked void
 I want to charge my donation to my credit card

card number _____ expiry date _____

card holder's name _____

signature _____ date _____

charitable registration number 11904 0467 RR0001

From time to time we send information to our supporters. Please contact us at 416.962.9449 if you prefer not to receive future mailings from our organization.

Please call, mail or fax a donation:

192 Carlton Street Toronto Ontario M5A 2K8 t. 416.962.9449 f. 416.962.5541
or go to our website: www.midtoronto.com



2007
december - newsletter

AEP even celebrates birthdays and holidays. What more could we ask for? I think it is the best seniors program in Toronto. What I have learned at AEP are tolerance, to trust again, companionship, to laugh again, patience and to love life. The transition from a depressive failure to a happy successful member has been a positive experience. I pray that I am able to continue in the program for many more years.”

Sincerely, Lila Vamosi

Meals on Wheels Program now includes Korean meals!



Jinhee Kim, Korean Social Work Coordinator and Client

Since January 2007, Mid-Toronto’s staff have been working hard to add Korean meals to our Meals on Wheels program. There were a lot of challenges along the way but a collaborative team effort led us to success!

Clients of the Korean Social Work Program told us about their nutritional and cultural needs. Jinhee Kim, Korean Social Work Coordinator and Foster Carr, Meals on Wheels Coordinator conducted an extensive search to find an appropriate meal supplier. Anna Shin of the Toronto Community Care Access Centre also helped with the search for a meal supplier. Jinhee and Heather Kelly, Volunteer Coordinator worked together to recruit Korean speaking volunteers to deliver these meals. We would like to thank everyone involved for their hard work.

And the Toronto Funding Network generously donated funds to start this program.

Mid-Toronto Community Services is committed to serving our diverse community by providing culturally appropriate, nutritious meals. Our Meals on Wheels Program includes hot western meals, hot Chinese meals, hot South Asian meals, frozen meals and fresh fruit and vegetable boxes. We are pleased to announce the launch of Korean meal delivery in December 2007 for our clients.

If you or someone you know needs meals on wheels, please call the Meals on Wheels department at 416 962-9449 ext 223. If you are able to volunteer as a runner or driver for the program, please call the Volunteer department at 416 962-9449 ext 225.

An open invitation from the Board of Directors

To clients, caregivers, and volunteers to consider joining the Mid-Toronto Community Services Membership Club.

Membership is **Free**
 Membership has **Privileges**
 Membership Means:

- The right to apply to serve on the Board of Directors
- To vote and be a voice at Annual General Meetings
- A role in governance and accountability processes for the agency
- Being an agent of hope for the future

You are part of the solution...join us now

Please complete and return the membership form to:

Mid-Toronto Community Services
 192 Carlton Street, Toronto, ON M5A 2K8, or
 apply on-line at www.midtoronto.com.



Mid-Toronto
 community services inc.
 bringing care home

We need your support
Mid-Toronto Community Services Membership Form

name

email

telephone

address

city / province / postal code

date

business name

Mid-Toronto reaching out to the community

Mid-Toronto Community Services will be an exhibitor at the 2008 Women's Health Matters Forum and Expo. This event will take place on January 18th and 19th 2008 at the Metro Toronto Convention Centre – South Building. This outreach opportunity for the agency was made possible by Tall Poppy Advertising and Design who graciously offered to sponsor our booth at the event. Tall Poppy will also be assisting us to develop our booth content for the event.

For more information about the Women's Health Matters Forum and Expo you can call 416 323-6000 or check out their website: womenshealthmatters.ca OR contact Andrea Abbott-Kokosin at Mid-Toronto at 416 962-9449 ext 222.

Thank you very much for your support Tall Poppy!

Report on the United Way of Greater Toronto 2007 Campaign



Mid-Toronto has just completed yet another successful workplace campaign for the United Way of Greater Toronto.

This year we are happy to report that the three participants in the CN Tower Climb managed to raise a total of \$430. At 6:00 am on Saturday October 20th, the three conquered the tower by climbing 1756 stairs in 23 – 24 minutes. What an amazing accomplishment! Let's see if they can beat that record next year!

Staff members also participated in an exciting 50/50 draw. \$75 was raised and Candace Fowlin, Alzheimer Day Program Coordinator was the lucky

winner. Other activities included Broadcast BINGO which continues with a hugely anticipated grand prize graciously donated by Lynn Sullivan. \$65 dollars was raised from Broadcast BINGO while a whopping \$103 was raised by the Adult Day Program BINGO.

100% of our Board members made a contribution to the United Way and so far, staff contributions total \$220. Thank you to all who participated. Your donations are invaluable!

During the United Way's 2007 campaign, the agency hosted 4 groups of volunteers for Days of Caring events and several staff participated in the United Way's Speaker's Bureau. These staff were invited to go out and speak at various United Way events.

For many years, Mid-Toronto's workplace campaign has been lead by staff member Nancy Consalvo. She does a great job. Thank you Nancy for making our 2007 campaign a big success!



Dedicated donors making a difference

By Laina Gibson, Director of Development



Jinhee Kim, Korean Social Work Coordinator and Client

The Toronto Funding Network is a group of caring individuals who've come together to make a difference in the lives of those in need. They are particularly keen on funding small scale projects where it is often challenging to raise funds. This past fall, we approached them to fund the Korean meals on

wheels program. We are delighted to report the Funding Network graciously pledged over \$8,000 to our agency in support of this program. It was a wonderful experience — and so encouraging seeing donors who want to learn more about the organizations they are so generously supporting. It is inspiring to be recognized for the incredible work we do each and every day. A very big thank you goes to Don Pearson who kindly sponsored our agency in this process and to Scott Sinclair who participated in presenting to the Funding Network, as well as making a gift. In a time when the need in our community is so great and funds are so lean, we rely on our donors to help us bring care home! Thank you Toronto Funding Network!

Mark Your Calendars: 2007 Holiday Closure Dates

The month of December is always busy and full of activities! As a result, please keep in mind that there are several dates this holiday season when the agency and all programs will be closed. Clients will be alerted and reminded of these dates before they occur.

December 2007

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2008

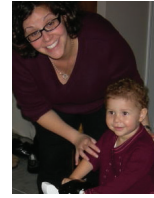
The following is a list of agency and program closure dates:

- Saturday Dec. 22nd** - all Day Centre programs are closed
- Monday Dec. 24th** - all programs are closed
- Tuesday Dec. 25th** - all programs are closed EXCEPT Meals on Wheels
- Wednesday Dec. 26th** - all programs are closed
- Saturday Dec. 29th** - all Day Centre programs are closed
- Tuesday Jan. 1st** - all programs are closed

We hope everyone enjoys a warm and pleasant holiday season and wish you all the best in the upcoming year!

Staff News

Caryn



Community Transportation Supervisor, Caryn Yuz will be on maternity leave beginning December 14th, 2007 and returning January 2009. Caryn and her partner currently have a beautiful daughter Gracie who is two years old and they are now expecting another baby by the end of the year. We wish you and your family all the best Caryn in bringing this new child into the world! You will be missed!

Foster



Meals on Wheels Coordinator, Foster Carr will once again be replacing Caryn Yuz as the Community Transportation Supervisor while she is on maternity leave. Foster will begin his new position December 3rd and finish in January 2009. Foster was exceptional in this same role in 2006 and we look forward to another exciting year with him as Transportation Supervisor. Your hard work and contributions are greatly appreciated Foster! Congratulations!

Brent



Brent Downey has been hired on a one-year contract position to replace Foster Carr as the Meals on Wheels Coordinator. Most recently, Brent was employed at the Scott Mission as a group volunteer coordinator and also coordinated their Meals on Wheels program in 2005. Brent's contract will commence November 27th,

2007 through to January 9th, 2009. Please join us in welcoming Brent to Mid-Toronto Community Services.

Laina



Mid-Toronto would like to welcome back Laina Gibson as our Director of Development. Laina was with us previously for 9 years and returned to her position in October. In the past Laina's contributions in both programs and development have made the agency the success that it is today. We look forward to working with her for many more years to come.

Stacy



A sad farewell to Stacy Edwards our Critical Housing Coordinator who joined the Mid-Toronto team under a contract from October 2006 to December 2007. We wish her all the best in her future endeavours and would like to extend our gratitude for her hard work and dedication to Mid-Toronto during her stay.

Roisin



Let's all give a warm welcome back to Roisin Gantley our Critical Housing Coordinator who went on maternity leave from October 2006 to December 2007. Roisin gave birth to a sweet little girl, Shaelyn, last year in October. We are glad to have you back Roisin!

Announcement from the Board of Directors - Exciting New Projects at MTCS

We are pleased to announce that the Board of Directors of Mid-Toronto Community Services have approved the use of agency reserves for two new projects for 2008.

First, the Board has approved the development of Central Intake for the agency and the hiring of an Intake Worker for a one year pilot project for 2008. This will improve access to the agency and all the

programs for new clients, caregivers and referral sources. We hope to hire for this new position early in 2008.

Second, the Board has approved an extension of Donna Braybrook's contract as Director of Strategic Initiatives and Special Projects to the end of 2008. Donna is making great progress in moving the agency forward to meet our Strategic Priorities.

Are you prepared for winter weather?

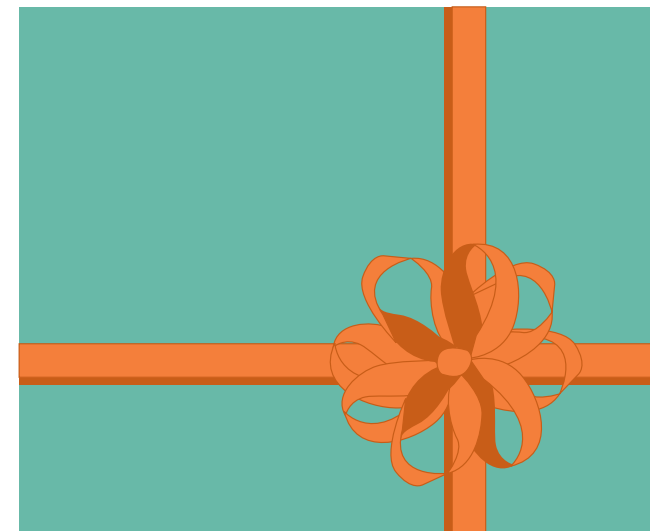


Anyone who lives in Canada knows that the Great White North can be subject to all sorts of severe weather during the winter months. Canadians have to put up with rain, snow, sleet and hail at any given time. Unfortunately, in the event of a storm, there could be times when the agency would be unable to offer programs and services. This might mean any or all programs including Meals on Wheels could be cancelled. So, we suggest that clients keep some emergency supplies on hand in order to be prepared. Here is a list of items every person should have in their home:

- ♥ At least one gallon of bottled water per person per day stored in plastic containers
- ♥ At least a three day supply of non-perishable food meaning foods that do not require refrigeration, preparation or cooking and little or no water
- ♥ Suggestions include canned juices, meats, fruits, vegetables, soups, stews and vitamins
- ♥ A First Aid Kit including adhesive bandages of various sizes, sterile dressing, gauze pads, germicidal hand wipes and waterless alcohol-based hand sanitizer, antiseptic wipes, a pair of large medical grade non-latex gloves, adhesive tape, anti-bacterial ointment, cold pack, scissors, tweezers and a CPR breather barrier such as a face shield
- ♥ Other supplies such as a flashlight and batteries, blankets, battery operated radio and cellular phone are also necessary

It is recommended that each person store supplies for up to 72 hours in case of emergency. Hopefully they will never have to be used; however it is always best to be prepared!

Looking for an easy way to give?



Join our Bringing Care Home Monthly Giving Club! By choosing to donate each month, you will be supporting programs like Meals on Wheels and the Alzheimer Day Program all year long. All you do is send either a void cheque or your credit card information, tell us how much you'd like to give each month and we'll do the rest. You'll never have to worry about sending in your donation again. One of our monthly givers writes **"I love the monthly giving program. I don't even notice my \$15.00 coming out each month – it's great!"** And what's even better is monthly giving saves us money in administrative and mailing costs. It's a win-win for everyone! So please join today — just fill out the coupon included in this newsletter and send it in.

