



Community Care Durham

• **Clarington** •

Supporting People, Strengthening Community

A Newsletter for Volunteers, Clients and Friends of Community Care Durham

March 2011



COMMUNITY CARE DURHAM CLARINGTON NEEDS YOU!

Volunteers are needed for our annual Tag Days blitz on **Thursday June 2 and Friday June 3**. If you can help with a one or two hour shift, please call us at **905-623-2261**. We can accommodate your schedule and preferred tagging location.

Last year our dedicated volunteers raised over \$9,000! With the help of more volunteers, this event will continue to be the growing success it has become over the past few years.

Your help will make the difference!

Home Support Services

- Meals on Wheels - *Hot and Frozen Meals*
- Transportation
- Friendly Visiting
- Luncheon Out
- Foot Care Clinics
- Home Help
- Home Maintenance
- Telephone Reassurance
- Information and Referral

COPE Mental Health Services

- Individual Support and Group Support
- Psychogeriatric Community Support Program
- HAL (Home At Last)

Respite (Caregiver Relief)

- In-Home Respite
- Adult Day Programs
- LEAP (Long term Emergency Avoidance Program)



Community Care Durham celebrates National Volunteer Week April 10—16, 2011

We take this time to recognize the solid backbone of our agency – those many volunteers who are such a part of who we are. Your work is essential to maintaining resilient communities at home and around the world. Thank you so much for all you do.

COMMUNITY CARE IS CLOSED ON:

- Friday, April 22, Good Friday*
- Monday, April 25, Easter*
- Monday, May 23, Victoria Day*
- Friday, July 1, Canada Day*
- Monday, August 1, Civic Holiday*
- Monday, September 5, Labour Day*

* No Meals on Wheels Delivery

**Drive *Fore* Care
Charity Golf Tournament**

Monday, May 16, 2011

Held at the prestigious



Wooden Sticks Golf Club

40 Elgin Park Drive in Uxbridge

Shotgun Start at 10 a.m. (Scramble)

\$225 per Golfer (Register by May 2)

Includes: DRIVING RANGE • BREAKFAST • LUNCH
GREEN FEES • CART • GIFT BAG • DINNER

Call Marcy at **905-837-0017** or email
mmarchuk@communitycaredurham.on.ca



**This is a Golfer's Dream! Take part
and experience Wooden Sticks yourself!**

Supporting

*Community Care Durham and
Ontario Shores Foundation for Mental Health*

2011 Spring Raffle

Our annual raffle has a new look. In addition to donated handmade items, there are gift cards to be won...

Grocery Gift Card for Metro donated by Norene Sweeney (valued at \$100)

Grocery Gift Card for Metro donated by Liberty Bowl (valued at \$100)

Restaurant Gift Card donated by Chanterelle Bistro (valued at \$100)

Restaurant Gift Card donated by Maddy's Pub (valued at \$100)

Dollhouse built by Gord Simpson (valued at \$75)

Cream Afghan knitted by Doreen Proctor (valued at \$75)

**Tickets \$2.00 each or 3 for \$5.00
(1500 tickets printed)**

All proceeds go to local Community Care Durham Programs in Clarington

Draw Date: May 4, 2011 at 8 pm

Tickets are available now from the office

Something special for the ladies...

FALL & HOLIDAY SEASON FASHION SHOW

Wednesday, November 9, 2011 at 7:00 pm

Trinity United Church, 116 Church Street, Bowmanville
(NE corner of Church and Division Streets)

Tickets are \$15.00 and include



Dessert Buffet

Fashion Show

Door Prizes



For more information, call 905-623-2261

Proceeds to Community Care Durham—Clarington

Summer Glory Garden Tour

Saturday August 6, 2011

\$20.00

The tour will showcase private and public gardens within the Clarington community

For more information please call
905-623-2261

Proudly brought to you by the Bowmanville Horticultural Society and Community Care Durham—Clarington



**Community Care Durham
• Clarington •**
Supporting People, Strengthening Community

Respite Program Services

1-888-255-6680

In-Home Respite

The In-Home Respite Program (Caregiver Relief) provides a “temporary break” for caregivers of the elderly and adults with special needs related to physical disability, social isolation, memory loss and limited ability to function independently in the community. This service is delivered by qualified Personal Support Workers who maintain a safe environment and are trained to provide assistance with routine living activities (including bathing and dressing), social interaction, meal preparation, client centered homemaking and more.

Cost: 3 hr minimum—6 hr maximum @ \$10.00/hour

“**Sleeping Respite**” \$150.00 for a 24 hour period

(7 – 24 hr shifts maximum per year)

“**Overnight Respite**” \$10.00/hour — minimum of 8 hours

Adult Day Program

The Adult Day Program offers a safe and comfortable setting (in Clarington, Pickering and Uxbridge) for clients to enjoy a wide array of social and recreational programs. Qualified staff and volunteers provide the programs and assist with routine living activities. Cost: \$27.00 per day (includes lunch and refreshments).

Clarington Adult Day Program

2440 Hwy 2, Unit 1 Bowmanville

Jennifer Rusaw, Program Manager

905-697-7231

Open Monday to Friday from 8:00am – 5:00pm.

Transportation in the Community Care Durham accessible van is available for a nominal fee.

LEAP

(Long-Term Emergency Avoidance Program)

Personal Support Workers assist clients with routine living activities including bathing and dressing, light homemaking, meal preparation, laundry, local drives and shopping. This is available to the client in their home or in hospital or in a long-term care facility setting.

LEAP can be requested days, evenings or weekends for a minimum of 1 hour, \$25.00/hour.

For more information call **1-888-255-6680**.

Many thanks to our Community

Community Care Durham is very grateful for the generous donations to our Annual Pledge Campaign. The 2010 Campaign raised **\$34,545** across the Durham Region in support of the services provided by Community Care Durham. Clarington donors contributed **\$8,961!**

Thank you so very much for your support!



*To all Community Care Durham volunteers
for their dedication and unwavering support
over the long, cold winter.*

Your efforts are greatly appreciated!

Service Notes.... Luncheon Out—Since September, we have enjoyed the most delicious and well-presented dinners with wonderful local entertainment following the meal. Most of the five lunch sites have waiting lists, however, if you are interested just give us a call and we will squeeze you in as soon as possible.

Friendly Visiting—We can't fix all the world's problems, but we can make a difference in someone's daily life with just a phone call of care or a short visit once a week. If you have an hour or so to spare and you think you may enjoy visiting, please call the office.

From the Transportation desk...

I have had the privilege of working with many wonderful volunteer drivers during my time in the Clarington office of Community Care Durham. You are all special and you provide a transportation service to our community that is greatly needed. Please know that clients thank me every day for “getting them a driver” and I remind them that if it wasn’t for the great volunteers we have – we wouldn’t be able to help them.

One of our newest volunteers, Bob Tomkins, has touched my heart like so many of you do on a daily basis. He truly enjoys meeting our clients and helping them. He says, “I get satisfaction from helping others in my community. Many clients have family but they are still alone. There is nothing more rewarding than seeing a person smile when you call to help them or take them to an appointment.” He adds, “Volunteer, it is good for your own health too.”

Thanks to our drivers for volunteering with us. It is sincerely appreciated!

Sonya Pratt, Service Coordinator

**Volunteering
enriches your
life!**

From the MOW’s desk...

We are all breathing a sigh of relief that spring will soon be here. We have survived the worst of the winter months and have thoughts of nice warm weather ahead of us. The Meals on Wheels desk has been very busy this winter providing Hot and Frozen meals to our clients. I would like to thank all our volunteers who braved the many cold and sometimes snowy days to deliver meals. Your hard work and dedication is appreciated by the clients and staff.

Lakeridge Health Bowmanville continues to provide our hot, nutritious meals consisting of an entrée, soup and dessert for \$6.00. Volunteers deliver the meals five days a week around the noon hour time. Diabetic and special diets can be accommodated. As there is no meal delivery over the Easter Holidays on Friday April 22 and Monday April 25, 2011, we will offer a Frozen Food package to accommodate those days.

Our two Frozen meal providers continue to be Entrée Plus and Apetito. Along with our regular packages of 7 entrées for \$31.00 or 5 entrées and 5 soups or desserts for \$31.00, we have added two more options of 7 entrées and 5 soups or desserts for \$38.00 or 5 entrées and 10 soups or desserts for \$38.00. Please contact the office to place your order.

Special Easter Frozen Package...Here is a great opportunity to give our frozen meals a try. We are offering a trial package from our supplier Entrée Plus of 2 entrées, 2 soups and 2 desserts for \$14.00. If you have never tried the frozen meals, now is the perfect time! Please contact the office by Wednesday April 6, 2011 to put in your order. Pick up or delivery can be arranged after Thursday April 14.

Dianne Greaves, Service Coordinator

Notes from Sally's desk... Where do the days go! Last year at this time we were sorting and packing for our move to the Rickard Complex at 2440 Hwy 2. On March 29 we'll celebrate one year of living at our new digs! I'll take this opportunity to acknowledge the support of volunteers, clients, members and staff and the cooperation of municipal staff and officials as we transitioned into a new environment. Community Care's exposure to the general public through our relocation has been very positive and we have strengthened partnerships with old and new groups and community people. Thank you all for your trust and patience.

Health care issues and the provision of services amid the changing and emerging role of Community Support Services in the system are challenging for all of us. Community Care Durham has recently launched Home First, a philosophy that supports patients returning home from hospital after their acute health event is over, where home provides a safe and familiar place where recuperation needs can be best met. The key component is for all supports – Lakeridge Health (hospital), Community Care Access Centre (Home Care) and Community Care (Community Support Services) to weave care and communication for the benefit of the patient.

Within Home First's realm is Home At Last's transition service that supports and assists clients in getting settled at home after hospital admittance. Settling in can include Personal Support Workers (PSW's) assisting with driving and accompanying patients home, picking up medications and/or groceries, preparing a small meal, providing personal care or homemaking, following up with phone calls and/or home visits and making referrals to other community support services.

The challenge of keeping care constant and consistent is always in sight and as a community agency that has many years of experience, we are well aware of the demands we continue to face. Working and communicating with each other is so important and becomes more evident each passing day. If you have any questions or need explanations, please call the office and we will make every effort to assist you.

We were excited to be part of the National *Mayors for Meals* campaign that took place during the month of March across the country. Local Mayor Adrian Foster took part and assisted with delivery of meals with our regular dedicated team on March 23.

Looking forward to spring and some nice warm weather.



Annual Volunteer Appreciation Event

Wednesday, May 4, 2011 at 7:00 pm

Awards presentation followed by refreshments

Garnet B. Rickard Centre

2440 Highway 2 Unit 1 Bowmanville

To avoid disappointment, please RSVP

by calling **905-623-2261** by **April 25, 2011**

Mark your calendars! Our 6th Annual
COPE Walk for Mental Health

Saturday, May 28, 2011 at
Heydenshore Park, Whitby

Please see the enclosed flyer for details.

**SUPPORT GROUPS OFFERED
THROUGH COPE CLARINGTON:**

Afternoon Anxiety and Depression Support
Group, Evening Anxiety and Depression
Support Group, Women's Group, Stroke
Support Group, Making Connections
Clarington, Caregiver Support Group,
Strengthening Families Together

**PLEASE CALL THE COPE OFFICE
AT 905-623-4123 AS ALL
PARTICIPANTS MUST BE
REGISTERED TO ATTEND GROUPS**

MAKING MENTAL HEALTH MATTER!!!

The COPE Mental Health Program is bigger and stronger than ever! The previous two sessions of *Strengthening Families Together* were completed with extreme success and the third session will start March 23, 2011. If you or someone you know would benefit from this course, please call the COPE office. We also offer the Psychogeriatric Community Support Program. PCSP is offered by Community Care Durham in collaboration with Ontario Shores Centre. The program is available for high risk older adults 65 years and older with mental health concerns and age-related illness living in the community. PCSP offers **Outreach:** assessments conducted by a nurse clinician in consultation with a psychiatrist and mental health community support worker; **Supportive Services:** including individual short term supportive counselling, psycho-educational and social recreational groups and one-to-one support provided by trained volunteers, and referrals and linkages to community supports. To access the Psychogeriatric Community Support Program, the client's physician must be informed and supportive of the referral. The assessment is summarized and forwarded with recommendations to the client's physician for follow-up. Clients without a physician will be assisted to find adequate primary care support. **For information, please call 905-666-4836 or 1-866-748-0774.**

6 TIPS FOR GOOD MENTAL HEALTH

Be Positive and Generous; almost every study of longevity indicates one secret that makes people healthier and happier—helping others. It inspires gratitude for what life has given you and really helps you define your purpose in life. The real secret to being happy may be realizing that true peace isn't about being giddy and feeling as if you're charged up on Red Bull all the time. It's about slowing down enough to realize that you have a lot of gifts -- gifts you should be passing along to others.

Feel Empathy; your moral system (and, to some degree, your happiness) is largely dependent on how connected you feel to others. The more connected you feel, the higher your degree of generosity and compassion. You can connect with other humans and transcend your differences.

Find Authenticity; true human experience—which helps you be happy and healthy—happens not necessarily because you're smarter. It happens because you're deeper. Your life may be driven by external factors and motivators. So to find your true, authentic self and to be happy about what you find, you must contemplate the big picture and realize you are not the hub in the centre of the wheel, but one node that's connected to the centre at all times. When you break through a level of superficiality that many people typically tend to live with, that's when you break through to a different, healthier experience in life.

Embrace Emotion; the good life isn't achieved by ignoring emotions when they come up, whether you're reacting painfully to the loss of a loved one or getting angry when you're mad at your boss or kids. Instead, the goal is to observe emotions and use them intelligently. That means recognizing your emotions and doing things like counting to 10 before overreacting with emotion in an argument.

Explore Spirituality; for some, being spiritual means going to church every day. For others, it means finding a silent place to meditate and think about the bigger picture in life. No matter how you do it or what you call it, meditation and prayer can help slow breathing and brain activity, and they reduce heart rate and blood pressure. Plus, when you do pray or meditate, you typically don't finish feeling as though you want to rap someone's ankles with a wooden spoon. You're more likely to be filled with peace, joy, and other emotions that are worthy of being printed on holiday cocktail napkins. And there's some evidence that these emotions lead to positive physiological responses throughout your body.

Understand Unhappiness; Being happy means you realize that there are times you will be unhappy and you recognize that life is sometimes not what we would like. We're not saying you should lower your expectations; we just believe that if you can align your expectations with reality by expecting to face challenges, you'll be better off. A little unhappiness here and there forces you to think through problems and think about what gives you happiness so you can set new directions that may change your life.



Come Shopping with us...

We offer shopping trips on our Accessible Van from 10:30 am to 2:00 pm to Bowmanville Mall, Clarington Mall and Walmart (Bowmanville) every Friday

To register for this service call
905-623-2261, Ext 225.

Reservations required by Thursday of each week.
Van is wheelchair accessible.

COMMUNITY CARE DURHAM ANNUAL GENERAL MEETING

Friday, June 24, 2011

Oshawa & District Shrine Club

1626 Simcoe St N Oshawa

11:30 am to 2:30 pm

Please RSVP to the Administration Office
at 905-985-0150 Ext 253

SPRING YARD WORK



We are very pleased to have Clarington Central Secondary School and St. Stephen's Secondary School returning to help with our Spring Yard Work Day. This is a free service for our Community Care clients and is available to clients in Bowmanville and Wilmot Creek. The date has been set for Thursday, May 12th with the rain date being Friday, May 13th.

Due to transportation limitations we are not able to offer this service to outlying areas. If you live in an outlying area, perhaps you could ask your neighbour for assistance. You might be pleasantly surprised to find that they are happy to assist you.

Students will rake your lawn, dig up your gardens, work up flower beds, bring out your patio furniture and garden things or any other small, odd jobs that you may have. Please keep your jobs to one hour so that we can accommodate everyone. You are responsible for supplying any supplies or equipment necessary to complete the job.

To ensure student safety, they are **NOT** permitted to use ladders, clean out eaves troughs, do any heavy lifting, painting or use any electrical or power equipment. If you are interested in participating in our Spring Yard Work Day, please call the Community Care Office by April 29th.

Thank you from our hearts

To **Maranatha Church, Bowmanville** for preparing and delivering 80 hot turkey dinners with all the trimmings on Christmas Day. This is the ninth year that clients have enjoyed this outreach on one of the busiest days of the year. Maranatha Church continues to demonstrate compassion and caring for the community.

To **St. Paul's United Church and Trinity United Church** for once again providing lovely Christmas baskets for our Meals on Wheels clients.





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 • Clarington •
Supporting People, Strengthening Community

HOW TO REACH US...

Community Care Durham-Clarington

2440 Hwy 2 Unit 1

Bowmanville ON L1C 0K6

Home Support

Phone: 905-623-2261 Fax: 905-623-2604

COPE Mental Health

905-623-4123

Respite and Adult Day Program

1-888-255-6680 ext 232

www.communitycaredurham.on.ca

Community Care Durham, established in 1977, is a registered charitable organization that provides home support, respite (caregiver relief) and mental health support services to more than 7,000 adults and their caregivers who have needs related to physical disability, aging and/or mental health. These services are provided free of charge or for a minimal fee and are administered through nine service locations across Durham Region.

Ajax/Pickering Brock Clarington Oshawa

Scugog Uxbridge Whitby

“Community Care helps people live at home with a network of support in caring communities.”

A United Way
 Member Agency



**Instead of worrying
 about your loved one
 Protect them with
 Philips Lifeline**



Being a caregiver today isn't easy. You know that managing your job, your home and other family responsibilities can be a real balancing act – but you are also committed to providing the best care you possibly can.

Philips Lifeline can help.

Our easy to use medical alarm lets you feel confident knowing your loved one can always access help if they need it. By pushing the Lifeline Personal Help Button, your loved one is connected to a Lifeline Response Associate who can dispatch help quickly, day or night.

Peace of mind is within reach.

**Call Community Care Durham Lifeline today at 1-866-434-3463
 and receive 50% off the installation cost.**

Quote code: XX311



**Volunteers
 Needed !!**



If you have a few hours a week or a few hours a month to spare, you can help improve the quality of life for others in your community. Put a smile on someone's face and call our office at 905-623-2261 to find out more about volunteer opportunities with Community Care Durham.

Please complete and mail this form to advise us of any changes to your record, i.e. address. Thank you.

Name _____

Phone No. _____

Please make the following change (s) to my record: _____

Mail to Community Care Durham-Clarington
 2440 Hwy 2 Unit 1, Bowmanville L1C 0K6

