

# point by point

JANUARY 1989

VOL. 5 NO. 5

## POINT NEWS

### POINT'S AWARENESS MEETING

We welcome all interested community-minded citizens

Speaker: Sherry Barton, Adult Health Consultant  
City of Toronto  
Department of Public Health

Topic: Elder Abuse! An overview of the state of  
the art of what's known currently and what  
is happening in Toronto

Date: Wednesday, February 15, 1989

Time: 9:00 a.m. to 11:00 a.m.

Location: St. Clement's Anglican Church  
59 Briar Hill Avenue  
(use Briar Hill entrance)

Fee: no charge

### CHAIRMAN'S REPORT - NAN PERCIVAL

I would like to take this opportunity to wish each and every one of you a very happy and healthy 1989.

POINT's Board of Directors is pleased to announce that the United Way has approved our request for funding in accordance with our multi-year agreement. POINT has been allocated \$18,375.00 for 1989, an increase of 5% over our 1988 allocation.

POINT must endeavour to more than match this sum of money. Fundraising has become a major focus of our organization, as we try to be more responsive to the needs of

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people and organizations in north toronto  
P.O.I.N.T. INCORPORATED



A United Way Member Agency

59 Briar Hill Avenue, Toronto, Ontario M4R 1H8 Telephone 487-2390



the North Toronto community. Thanks to a very successful 1988 Theatre Night, outstanding support from Donors, and increased assistance from Foundations, we are very excited by the purchase of our new computer. As a major social planning agency in North Toronto, it is essential that POINT be able to rapidly assimilate and disseminate information. We could no longer function without a computer!

We are currently in our 1989 Membership Drive, and have mailed our Special Edition request for donations. To our many faithful supporters, many thanks for your generous contributions. We anticipate your continuing assistance, and seek your help in emphasizing our impact on the community. Please involve your friends and neighbours in our activities. A perfect opportunity to accomplish this will occur on Monday, May 29 when POINT will host our Annual Theatre Night. What a wonderful occasion to mingle with friends, meet new people, enjoy Toronto's fine Theatre, and at the same time, support POINT.

Following our exciting 20th Anniversary Celebration Year, we at POINT are not content to rest on our laurels. In October, POINT, in co-operation with the City of Toronto Department of Parks and Recreation, ran a very informative two day workshop on Leadership Development for the Seniors in North Toronto. This was the first time a networking, information sharing seminar on "Leadership" has been orchestrated for North Toronto Seniors. Plans are underway with Parks and Recreation for other such seminars.

POINT's programs for 1989 have been formulated with the assistance and suggestions of the participants of our Fall Agency Marketplace, our POINT Community Advisors and the Program Planning Committee. The Board of POINT has approved the following programs:

1. Senior's Directory: - an updated publication of the Directory of Community Services for Seniors in North Toronto will be available in the spring.
2. Housing Task Force: - initial meeting was held in December to research the current work being done in the area of housing by other groups in North Toronto  
- a public meeting is being organized to further educate the people of North Toronto on the increasing problems of housing in our area.
3. Substance Abuse: - to be held in late April or early May  
- "We Are What We Put In Our Bodies", a workshop designed to share information and tackle the difficult subjects of legal/illegal drugs, alcohol and chemical substances we ingest.
4. Annual Meeting: - anticipate engaging a speaker who will address the continuing awareness needed to build and keep a healthy neighbourhood. We must all become giving, sharing and caring citizens.
5. Directory of Tutors in North Toronto: - a "Where to Find" list, covering the educational needs in our community.
6. Creative Boardmanship Workshop: - to be held in the fall of '89. Additional information will be forthcoming in future POINT BY POINT issues.
7. The North Toronto Health Centre Steering Committee, led by POINT, has finally acquired



the former Metro Police, 53 Division building at Yonge Street and Montgomery Avenue for a Health Centre. We continue to work on program proposals and funding sources for the Centre.

POINT will continue to be involved in the Board of Education's process of adopting our In-School Program for Children of Single Parents into the Schools in our area. Refinements of the Program are expected to be extensive, and we will continue to monitor the process.

The strength of POINT is in the commitment of our members. Our Board of Directors is a dedicated group of hard-working volunteers. We are endeavouring to improve this community we live in, and we both enjoy and learn from our varied involvements. As a member of POINT, and the North Toronto community, become involved and give us your support! Help strengthen the North Toronto community!

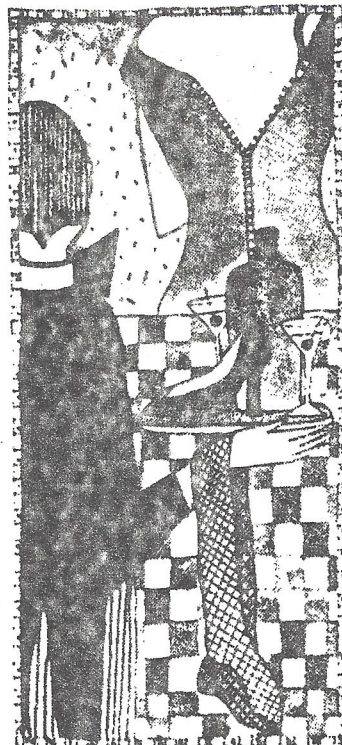
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## POINTERS

# What The Butler Saw

By Joe Orton  
Directed by Derek Goldby  
a co-production with Ed and David  
Mirvish of the Royal Alexandra Theatre

Twists, turns, mishaps,  
coincidence and lunacy all  
make this a riotous evening  
you won't easily forget.



## Theatre Night

May 29, 1989  
Supper 6:30 p.m.  
by David Wood  
Theatre 8:00 p.m.

**Bluma Appel Theatre**  
St Lawrence Centre

*Please reserve  
this date!*

*More information  
in the February  
newsletter!*

POINT's second-hand Xerox 2300 is available for purchase. The price is negotiable, approximately \$400.00 range. Please contact the POINT office, 487-2390, for further information.

Please submit material for the February issue of POINT BY POINT by Friday, February 3.

HOUSING TASK FORCE MEETING

Wednesday, February 8, 1989  
12 noon - brown bag lunch -  
refreshments provided

POINT's Nominating Committee will begin work this month preparing a slate for the 1989-90 Board of Directors as well as filling positions on Standing Committees. If you are a POINT member interested in serving in some capacity, please submit a letter stating your interests and experience to the POINT office by February 15, 1989. We welcome your participation.

SENIORS

SUPPORT GROUP FOR OLDER WOMEN

Ruth Mechanicus, a psychotherapist and counsellor, will facilitate a support group to provide the opportunity to cope creatively with loneliness; to come to terms with the loss of loved ones; unresolved relationships, unfulfilled expectations and lingering hopes; and to make friends and share present lives as well as memories.

Date and Time: to be arranged, course is for 8 weeks, group will start when 6 have registered.

Place: 1395 Bayview Avenue, south of Davisville

Cost: \$160.00

For further information, call Ruth Mechanicus, 483-4213.

HEALTHY AGING COURSE

St. John Ambulance is offering this course, designed to encourage people to stay independent longer and maintain good health by providing information about health changes, nutrition, wise use of medications, stress, a healthy heart, home safety and handling emergencies.

Date: Wednesdays, Jan. 18, 25, Feb. 1, 8

Time: 10:00 a.m. to 12:00 noon

Place: St. John Community Training Centre  
210 Milner Avenue, Unit 3A  
Scarborough

Cost: \$6.00

For further information about this and other programs, call St. John Ambulance Health Care Programs, 967-4244.



## PSYCHIATRIC SERVICES FOR THE ELDERLY

Sunnybrook Medical Centre's Community Psychiatric Services for the Elderly offers a team approach to assist in maintaining seniors who are cognitively impaired or psychiatrically ill in the community for as long as possible and to act as a resource for family physicians and other community mental health professionals. For further information call 480-4663.

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## "BE NICE, CLEAR YOUR ICE"

Seniors and physically-disabled citizens are entitled to free removal of snow and ice from public sidewalks surrounding their properties, provided they apply for such assistance. For more information call 392-7768. See notice in Community News section for further information.

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## WORKSHOPS

## COURSES

## SEMINARS

### NEW DIRECTIONS WORKSHOPS

New Directions, an agency assisting separated, divorced and widowed women in rebuilding their lives, is sponsoring a variety of workshops this winter. All will be held at 542 Mt. Pleasant Road, from 7:00 to 9:00 p.m. Cost is \$5.00 per session. To register, call 487-5317.

#### Financial Planning Workshops:

Critical Planning for Tomorrow

January 26 and February 2

Women and Banking February 7

Introduction to Investments

February 9

Wills and Estates February 16

Income Tax February 23

or March 9

#### Other Workshops:

Women and Sexuality February 14

Wellness-A Holistic Approach

March 7

Legal January 31

or March 2

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### SURVIVAL TACTICS FOR VOLUNTARY ORGANIZATIONS

#### FUNDRAISING ON A SHOESTRING

A workshop for Administrators of Volunteers. A practical, hands-on of drafting your own fundraising event, with a strong emphasis on how-to-do-it.

Date: February 24

Time: 8:30 a.m. Registration

9:00 to 4:00 p.m. Workshop

light lunch provided

Location: Humber College, North Campus

205 Humber College Boulevard

Fee: \$85.00 (a tax receipt of \$75.00 will be issued for the educational component)

Workshop Number: VOLM005 60

For further information: Julie Klinger

675-3111 ext. 4418

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### BEYOND SURVIVAL: WOMEN ADDICTION AND IDENTITY

A national conference exploring the intersecting dimensions of early childhood trauma, violence against women and addictive coping mechanisms. Sponsored by Community Resources and Initiatives.

Dates: March 31, April 1,2,3

For registration information call Ani Ainott, 658-1752.

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### PHILANTHROPY LECTURE SERIES

Canadian Centre for Philanthropy and Ryerson Continuing Education Division offer a series of 11 lectures. Several topics to be addressed are: The Challenge Facing Unpopular Causes, Superstars and the Special Event.

Date: Mondays, January 16 to April 30

Time: 7:00 p.m. to 9:30 p.m.

Location: Ryerson Campus

Fee: \$50.00 per lecture

\$300.00 for full series

For further information contact Lorne Miller and Associates 226-3787

### RELIGIOUS FREEDOM AND THE WORKPLACE

The Social Planning Council of Metro Council sponsors this Community Forum. Presentation will follow a format of moderator/speaker plus a panel.

Date: January 24

Time: 6:00 p.m. to 9:00 p.m.

Location: Hart House (Debates Room)

University of Toronto

Fee: Free, but register in advance

Call: Khan Rahi 961-9831 for further information.

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### HEALTH EDUCATION ISSUES

The 2nd Annual Educational Forum for Community and Occupational Health Professionals. A sampling of the topics to be addressed are: Intercultural Communications; AIDS - the Legal Implications; Proposals and Funding.

Date: February 13

Time: 8:00 a.m. to 4:15 p.m.

Location: Royal York Hotel

100 Front Street West

Fee: \$135.00 (does not include lunch)

Call: Jill Birch 675-3111 for further information.

### EQUALLY HEALTHY KIDS

A workshop on Community Strategies for Reducing Health Inequalities in Children. Sponsoring Organizations: Healthy Communities Metro Groups, Ryerson Faculty of Community Services, Child Poverty Action Group.

Location: Ryerson, Oakham House

63 Gould Street at Church

Date: February 6

Time: 8:45 a.m. to 4:15 p.m.

Fee: \$20.00

Call: Gayle MacKenzie 979-5000, ext. 7125 for further information.

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### SUICIDE PREVENTION NETWORK

Northern Health Area presents "How Do I Access the Hospital Emergency Department for a Suicidal Client".

Speaker: Anne Fisher, Sunnybrook Hospital Psychiatry Department

Date: January 25

Time: 3:45 p.m. to 6:00 p.m.

Location: St. Clement's Anglican Church  
59 Briar Hill Avenue

Call: Mary Gleason 392-0962 for further information.

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### PERSONAL GROWTH - BUILDING SELF ESTEEM

An 8 week therapy group for low-income women.

Date: February 4 to March 25

Time: Saturdays, 10:00 a.m. to 12 noon

Cost: \$80.00

Size: 6 to 10 participants

Therapist: Ruth Mechanicus

To Register: call Ruth Mechanicus at  
483-4213, location to be  
given at this time.

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## COMMUNITY NEWS

### "BE NICE, CLEAR YOUR ICE"

City property owners and building occupants are reminded of their obligation to clear sidewalks of snow and ice within 12 hours of a snowfall and cover slippery sidewalks with sand or salt. Failure to do so will necessitate a Public Works crew performing the task at a cost of approximately \$4.00 a metre, added to your next year's realty taxes. Senior and physically-disabled citizens are entitled to free removal of snow and ice from public sidewalks surrounding their properties, provided they apply for such assistance. For more information call 392-7768.

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### SPRINT'S MEALS ON WHEELS ROLLS ON

SPRINT's Meals on Wheels program is expanding to 5 day delivery! Volunteers are needed to deliver meals for 1 1/2 hours, twice a month. A variety of other volunteer opportunities are also available. Contact Christine Hoffman at 481-6411 for further information.

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### WELCOME SPRING WITH NEW DIRECTIONS.

New Directions is sponsoring its Second Annual Spring Luncheon and Fashion Show featuring fashions by Linda Lundstrom and Domenic Bellissimo and gowns by Brenda Muncaster. Invitations are available through New Directions, 487-5317; call now as seating is limited and the fundraiser was a great success last year.  
Date: Wednesday, March 1  
Reception: 11:00 a.m.  
Lunch: 12:00 noon  
Location: The Sheraton Centre  
Cost: \$50.00

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### THURSDAYS OUT AND IN(VOLVED)

New members are welcome to join The Thursday Alternative, held at St. Clement's Church, Thursdays from 9:30 a.m. to 11:15 a.m. Mothers enjoy coffee and socializing followed by a speaker's program while their children are supervised (age-appropriate baby-sitting provided). Join this non-denominational group and become part of its 25 year proud history!

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### I CAN THANKS YOU

Improve Career Alternatives Now (I CAN), formerly Pathfinders, has been discontinued after assisting approximately 600 persons, most of whom have been successful in finding meaningful work. I CAN appreciates the support of the community during this challenging and worthwhile program.

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### HANDLING UNEMPLOYMENT GROUPS

Being unemployed is a tough job, here is an opportunity to explore ways of dealing with stress, anger, depression and other concerns related to unemployment.

Dates: February 6 to March 7, 9 sessions  
twice per week

Time: Tuesdays and Thursdays 9:00 a.m. to 12  
Location: Bloor near Keele

Sponsored by the West Metro H.U.G. Network,  
Group Leaders are the City of Toronto, and  
City of Etobicoke, Departments of Public  
Health.

Call: 534-3561 (Tuesday to Friday 9.00 to  
5:00) for more information

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DURING OUR MEMBERSHIP CAMPAIGN, POINT WISHES TO GIVE SPECIAL THANKS TO THE FOLLOWING BUSINESSES IN THE NORTH TORONTO COMMUNITY:

## Business

Alberto Panteleo Coiffures Ltd.  
Bentley's Seafood Restaurant  
Brisbois Pharmacy  
The Butchers  
Chan, Cancelliere and Associates  
Citibank Canada  
Complete Geriatric Care  
Dierlam Studios  
Dominion Nursing Services Ltd.  
Eunice Denby Limited  
The Frame Up  
Get-A-Video  
Jewellery By Isaac  
John and Chris Interiors Co. Ltd.  
Kathy Jean's Limited  
Let's Frame It Ltd.  
Mills and Hadwin Ltd.  
Norman Cleaning and Tailoring  
Options For Seniors Inc.  
Personicare  
Real Estate Clerk — Secretarial Services  
Say Good Night  
Shanks Plumbing and Heating Limited  
The Sign of the Skier Ltd.  
Smith's Pharmacy  
Susanne Shoe Salon  
Tara Shoes  
Town Crier Inc.  
Training Thoughts Canada Inc.  
Under Wraps  
Wright Media — North Toronto Herald  
Woodham's Clothier Limited

WE LOOK FORWARD TO CONTINUING SUPPORT FROM THESE BUSINESS MEMBERS.



Saturday, February 18 1989 / 6 pm - 1 am

North Toronto Community Centre  
Eglinton Park (3 blks W of Yonge)  
180 Eglinton Ave. W.

ADVANCE \$5.00  
AT FESTIVAL DOOR \$7.50  
CHILDREN (under 12) \$1.00

ALL PROCEEDS TO



## INDOORS

- Toronto's Most Lovable Guy Celebrity Contest 8:00 pm - 9:00 pm
- Dancing to Live Music 9:00 pm - 1:00 am
- Hugging Booth
- Midnight Serenade

## OUTDOORS

- Entertainment on Ice 6:00 pm
- Family Skate 6:30 pm
- Figure Skating Demonstration 7:00 pm
- Celebrity Broomball 7:30 pm
- Sleigh Rides 7:00 pm - 10:00 pm
- Torchlight Parade 7:45 pm

*Door Prizes include a trip for two to Barbados donated by American Express, Wardair Holidays and Royal LePage.*

*Hot Food Hot Chocolate Refreshments*

Co-sponsors: North Toronto Tenants' Network, Avenue Road-Eglinton Community Association, Sherwood Park Residents' Association, The Federation of Metro Tenants' Associations  
With the assistance of: Yonge-Eglinton Centre Merchants' Association, The Central Toronto offices of Royal LePage, P.O.I.N.T. (People and Organizations in North Toronto), Oliver's Restaurants, The City of Toronto Parks and Recreation Department.

Held under the authority of a special occasion permit.