

point by point

MAY 1990

VOL. 6. NO. 9

POINT NEWS

TAKING THE STRESS OUT OF FAMILY LIFE TOPIC OF POINT MEETING

"From Striving to Thriving without Overdriving" was the arresting topic of Claire McDerment's speech to the POINT meeting on April 24 at Allenby School. Her focus was the balancing act performed by parents of children pre-school to Grade 6 in handling the demands and pressures of family living. Claire's background includes a career as a Public Health Nurse; she is now a stress management consultant, working with schools, parents and industry.

The 1980's could be described as an age of stress and anxiety, with an emphasis on fast food, fast lanes. Author Dr. Peter Hanson predicts stress will be the number one health problem for women in the 90's. Family physicians report that half of all office visits are stress related.

Particularly vulnerable are "baby boomers", a generation forced to be competitive because of their large numbers. They have competed for places in schools, universities, housing and jobs, whereas other generations did not face this urgency. Parents today project this need to compete to their family.

Claire hopes that the next decade will be the "nesting 90's", and has some suggestions for making this happen. Slow down if your life is out of control, she advises, and focus on the basics. Listen to your body. Our bodies give us physical signals when it is time to slow down.

Concentrate on the healthy things: get enough sleep, take time over meals, exercise and take "mini-breaks" to enjoy things like a sunset. Schedule family time into your calendar ahead of time, and remember that adults and children benefit from mental health days, staying home and unwinding. It is alright to reach a plateau in activity level, she adds, and to stop taking on more and more activities.

Another strategy is to substitute a relaxation response for a stress response. Stress causes rage, frustration, an accelerated heart beat; relaxing through deep breathing removes the physical symptoms and brings a more alert mind.

Remember that children are not short adults. We should not be hurrying and pushing our kids to achieve, giving them the message that they are not good enough as they are. Your children may not follow your lifestyle.

Don't push your kids; they will "bloom" when they are ready. Don't become a grim car pooler, but do enrol your children in activities you can manage. Remember that early academic achievement is gratifying to parents but it doesn't make much difference to kids.

"Quality time" means being there and available, not even necessarily in the same room. There are three critical times in a



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



A United Way Member Agency

child's day: leaving in the morning, re-entry of the parent at night (either at home or at day-care), and bedtime. The re-entry time is very important; being there and just sitting with them will stop alot of the clutching behaviour.

Let your children see you fail. Kids mess up, and it helps if we share our mistakes with them. It dispels the image of their parents as being always important and successful. In other words, the unhurried world of Dick and Jane may be gone, but we can still make our homes places to relax and unwind.

.....

POINT OFFERS BOOKS ON LOAN

There are several resource books in the POINT office that are available for use by members on a short-term loan basis. These books have been purchased from Partners Plus, a group that participated in the February POINT Skills Workshop:

Marketing Magic for Volunteer Programs
Call to Order: Meeting Rules and
Procedures for Non-Profit Organizations
Constructive Conflict
The Board Staff Workbook
Working with Volunteer Boards - How to
Improve Their Effectiveness
Evaluating Volunteer Programs and Events
Volunteer Management Forms
Hiring the Executive Director
Communications: A Positive Message from
You
The Effective Management of Volunteer
Programs

.....

CAN WE LEGISLATE CARING?

North Toronto Metro Councillor Anne Johnston and POINT are co-chairing a meeting in response to the Metro Social Development Strategy Task Force. North Toronto residents and agencies are invited to attend and to identify gaps in service they feel need to be corrected or improved to provide a humane and livable community.

This important meeting will take place on May 22 in St. Clement's Church, 59 Briar Hill Avenue, with registration at 3:30 p.m. and the meeting from 4:00 to 6:00 p.m.

.....

HEALTH CENTRE OPENING A YEAR AWAY

Fran Brown, a past Chairman of POINT, has been deeply involved over the past few years in developing a plan for a Health Centre established in our community. In this article she explains what's happening with this exciting project.

For the past three years POINT has provided the leadership and co-ordination for the development of a proposal for a Health Centre at Yonge and Montgomery in the old 53rd Division Police Station.

Although many individuals and agencies have been involved from the beginning, the project would not have progressed to this stage without the tremendous commitment from the City of Toronto Department of Public Health, Sunnybrook Medical Centre, SPRINT, Delisle Youth Services, the Parent to Parent Group and POINT.

Here's a brief summary of the proposed programs and an update of our funding status.

Program

A thorough needs assessment resulted in funding proposals being developed for the following programs:

1. Seniors' Day Program
The objective of this program is to optimize the functioning of the frail and disabled seniors so that they will be able to maintain maximum independence. The program will also provide support and respite to the caregiver.
2. Specialty Clinics
 - a) Clinics will serve the seniors taking part in the Day Program and those seniors referred by their family Doctors.
 - b) Specialty Clinics for adolescents and young adults.

3. Health Promotion and Disease Prevention oriented to all ages.
4. Family Resource Centre
This program will include an information component, a referral service and self-support groups.
5. Geriatric Dental Program run by the City of Toronto Department of Public Health.

This centre will be an excellent example of the new integrated approach to providing Health and Social Services.

Funding

Requests for funding dollars have been presented to the Ministry of Health, the Ministry of Community and Social Services, Health and Welfare Canada, Metro Social Services, the City of Toronto and private foundations.

Internal renovations to the site will be extensive to bring the building up to safety standards and to provide accessibility. A financial package is presently being put together to cover these costs.

To date we have received \$200,000 from the City of Toronto Health Care Fund and \$20,000 from the Henry White Kinnear Foundation. We have a commitment for the Health Component and have every expectation that the rest of the funding will fall into place in the next two months.

With the continued support and hard work of all involved, including our politicians from the Municipal, Provincial and Federal levels, our goal is to open the doors of the Yonge-Eglinton Health Centre in May of 1991.

Fran Brown
Chairman, Steering Committee
Yonge-Eglinton Health Centre

POINTERS

TUTORING INFORMATION AT HAND

If your child needs some outside help with schoolwork, information on tutoring assistance is available. Phone the POINT office at 487-2390 for a free copy of our Tutoring Guide.

.....

COMMUNITY NEWS

PUBLIC INVITED TO DISCUSS CITYPLAN '91 TASK FORCE REPORT

The CityPlan '91 Task Force has completed a report outlining goals and principles for the Official Plan for Toronto's Central Area. The recommendations of the Task Force will be presented during a series of public meetings. The North Toronto meeting will take place on Tuesday, May 22 at Northern District Library, 40 Orchard View Boulevard at 7:30 p.m. An information booth will be open at 6:30 p.m. All meeting sites are wheelchair accessible. Sign language interpretation will be provided.

.....

SUMMER DAY CAMP REGISTRATION BEGINS

Central Eglinton Community Centre is taking registrations for their 11th Annual Summer Day Camp for children 3 to 12 years of age. Camp begins July 3 and runs on a weekly basis until August 24. Register for as many weeks as desired. Extended hours (8:00 a.m. to 6:00 p.m.) are offered. Deadline for registration is June 1, 1990. For more information call 487-4096.

.....

SUMMER PROGRAM OFFERED FOR
PRE-SCHOOLERS AND CAREGIVERS

Central Eglinton Community Centre and Maurice Cody Community Centre will sponsor a summer program of special activities at Davisville Park, Davisville and Mount Pleasant.

Program is offered Monday to Thursday, 10:00 a.m. to 12:30 p.m., July 9 to August 30, and is designed for children (up to age 5) and their caregivers.

Registration: July 4 from 7:00 to 9:00 p.m. at C.E.C.C., 635 Mount Pleasant Road. Cost: \$60.00 per family. Call 487-4096 or 392-0747 for further information.

.....

CITY-METRO AUCTION JUNE 9
A BARGAIN HUNTER'S DREAM

City-Metro Public Auction will be held Saturday, June 9 at Metro Transportation Service Yard, 64 Murray Road, Downsview (fourth street west of Dufferin, north off Wilson Avenue). Inspection of items starts at 8:00 a.m., bidding starts at 9:30 a.m. The sale is organized by the City's Purchasing and Supply Department. Items no longer needed by the City and Metro, such as office equipment and furnishings, vehicles, motorcycles, construction equipment, industrial and consumer goods, lawn and garden supplies are sold. For further information, contact Brian Barker, 520-1224.

.....

PC-COPS SYSTEM UP AND RUNNING

PC-COPS is a computer-driven automatic dialler system used by the police to help alert and inform the people in 53 Division. If you are not on the system call 53 Division at 324-5300, PC Sid Miedema, for more information.

.....

STRESSES AND SUPPORTS
FOR PARENTS IN THE '90'S

Renowned author, lecturer, educator and counsellor Dr. T. Berry Brazelton will address the topic "Stresses and Supports for Parents in the '90's", a dialogue with parents and caregivers. The lecture takes place on Tuesday, September 11 at 8:00 p.m. at Bluma Appel Theatre, St. Lawrence Centre for the Arts, 27 Front Street East. Ticket cost is \$25. Visa and Mastercard will be honoured, call 366-7723 to order. A project of Friends of the Hincks, presented by C. M. Hincks Institute. For additional information, call Edythe Nerlich, 972-1935.

.....

SENIOR RESEARCH CONSULTANT NEEDED

The Social Planning Council of Metropolitan Toronto requires a Senior Research Consultant in the Community Research Unit. Candidates should have strong research skills, good familiarity with computer applications and data bases, and demonstrated commitment to community development and facilitation. Master's Degree in a related field or equivalent experience and familiarity with human services sector are considered assets. Respond in confidence to: Ms. Jody Orr, Executive Director, Social Planning Council of Metro Toronto, 950 Yonge Street, Suite 1000, Toronto M4W 2J4.

.....

ENVIRONMENT

MANAGING OUR WASTE: A TIMELY TOPIC FOR PUBLIC MEETINGS

Through SWISC (Solid Waste Interim Steering Committee) the five Regions in the Greater Toronto area are participating in the development of an environmentally sounds system for managing our waste, a system which meets provincial diversion targets. During May and June SWISC is holding a number of public meetings and workshops on this topic. For Metro residents these meetings are taking place on Monday, June 4 in the Metro Reference Library, (789 Yonge Street) and on Wednesday, June 6 in the North York Memorial Community Hall (5110 Yonge Street). For further information or to register call 536-0866.

CONFERENCES SEMINARS WORKSHOPS

NEW DIRECTIONS HOLDS WORKSHOPS

New Directions, a support agency assisting separated, divorced and widowed women in rebuilding their lives, is holding a number of spring workshops. Workshops are held at New Directions, 542 Mount Pleasant Road, Suite 203. Cost is \$5.00 per session, each held from 7:00 to 9:00 p.m. These are general information programs and are not intended to replace the function of professional advisors or to focus on individual problems. To register, phone 487-5317.

Menopause - Monday, May 14
Custody and Access - Monday, May 28
Basic Financial Planning - Thursday, May 31
Wills and Estates - Monday, June 4
The Fine Art of Negotiating - Thursday, June 7
Sexuality - Part II - Thursday, June 14

ONE-DAY WORKSHOP PRESENTED ON ASSERTIVENESS

The National Businesswomen's Leadership Association presents a powerful one-day workshop: Assertiveness Skills for Women Managers and Supervisors. This workshop will be offered in the Toronto area on July 11 in Mississauga, July 17 in Rexdale, July 18 in Scarborough, and on August 8 and 9 in Toronto. Each complete one-day session runs from 9:00 a.m. to 4:00 p.m. at a cost of \$125. For information, call 1-800-258-7246.

CLINICAL EXTERN PROGRAM DIRECTED TOWARDS FAMILY SOCIAL SERVICE WORKERS

The Children's Aid Society of York Region is sponsoring an intensive clinical externship program, based on The Mental Research Institute Approach, on Strategic Therapy with families, couples and individuals. This program will begin in September 1990 and will include 20 full day sessions ending in June 1991. The emphasis is both on working as a therapist directly with the client and as a member of a therapeutic team. Tuition fee is \$2,700. For more information, contact Myra Hurst, 895-2318 or 731-3150.

CANADIAN MENTAL HEALTH ASSOCIATION PRESENTS WORKPLACE MANAGEMENT STRATEGIES

"Success in the Nineties", a series on Workplace Management, will be presented in the form of workshops during the weeks of May 9/10 to June 20/21, by the Canadian Mental Health Association, Ontario Division. Two sessions will be in collaboration with the Office for Seniors Citizen's Affairs. These two workshops cost \$25. each, and the others are \$119. for one day, and \$199. for two days. For more information, call Ms. Galen McLeish, 964-9611.

CAREER/LIFE PLANNING OFFERED
FOR OVER 40'S

Jewish Vocational Service of Metro Toronto offers "Career/Life Planning in the Middle Years", a workshop to assist people over 40 in developing realistic career and life

plans. This group program will meet on the following dates: May 16, 23 and June 6, 9:30 a.m. to 3:30 p.m. For further information and registration, call 787-1151.

.....

SENIORS

SPRINT NEEDS VOLUNTEERS

If you have a busy schedule with only 30 to 60 minutes to spare during the week, you can still become a volunteer! Join SPRINT's Flexible Transportation Program and drive a senior to a medical appointment. Mileage is reimbursed. Call 481-6411 and help a senior remain independent in your community.

.....

SENIORS: "ACTIVATE DON'T VEGETATE"

Rendez-vous for Seniors offers a variety of activities for spring and summer at Harbourfront. Activate, don't Vegetate, by enjoying walking, hiking, bicycling and canoeing. Boat tours and special entertainment days are also planned. For more detailed information, phone 861-1233.

.....

U OF T HOSTS SUMMER SEMINARS
FOR SENIORS

"Summer Seminars for Life-Long Learners" is a popular week-long series open to people age 55 and over. The University of Toronto, School of Continuing Studies, features two topics this year, "Palaeontology" and "Galileo, Science and the Church", from June 11 to 15, 9:30 a.m. to 3:30 p.m. The fee of \$210. includes coffee and lunch. For more details, phone 978-2400.

.....

SENIORS OPEN HOUSE '90
SEEKS COMMUNITY INPUT

The North Toronto Seniors Network invites you to attend an information/planning meeting for The North Toronto Seniors Community Open House '90. If you or your organization are interested in helping the Planning Committee for this event, please attend on Thursday, May 17 at 3:00 p.m., at First Christian Reformed Church, 67 Taunton Road (near Mount Pleasant and Eglinton). For more information, call 392-0747.

.....

SOCIALIZE AT A PRE-CANADA DAY
CELEBRATION

On Wednesday, June 27, The Second Mile Club is planning a celebration which will include a buffet luncheon, on stage entertainment, folk dancing for everyone, as well as crafts, jewellery and raffles. This event will take place at Eglinton United Church Auditorium, 65 Sheldrake Boulevard, starting at 12 noon. Tickets cost \$6.96 for members and \$7.95 for non-members. Inquiries please call 481-4416.

.....

people and organizations in north toronto

P.O.I.N.T. INCORPORATED



REPORT OF THE NOMINATING COMMITTEE - 1990

The Nominating Committee of P.O.I.N.T. Inc., proposes the following slate of Directors for the Board of P.O.I.N.T. Inc., for election at the Annual Meeting to be held on Tuesday, June ~~24~~²⁵, 1990, ~~8:00~~^{7:30} p.m. at St. Clement's Anglican Church, 59 Briar Hill Avenue, Toronto.

Chairman	Carolynne Boivin
Vice-Chairman	Mary Brereton
Past Chairman	Cynthia Luks
Secretary	Lee Hayden
Treasurer	Dallas Petroff

Directors

Marg Arnold	Martha Lawrence
Peggy Ferrigan	Sally Martin
Pamela Jones	Malcolm Martini
Suzanne Keith	Fran Money
Janet Kennish	John McKernon



A United Way Member Agency

59 BRIAR HILL AVENUE, TORONTO, ONTARIO M4R 1H8
TELEPHONE 487-2390

Canadian Charity Number 0420224-56-13

people and organizations in north toronto

P.O.I.N.T. INCORPORATED



NOTICE OF ANNUAL MEETING OF MEMBERS OF P.O.I.N.T. INCORPORATED

TUESDAY, JUNE 5, 1990

The Annual Meeting of members of P.O.I.N.T. Inc. will be held at St. Clement's Anglican Church, 59 Briar Hill Avenue, Toronto, Ontario on Tuesday, June 5, 1990 at 8:00 p.m. for the following purposes:

1. Tabling of the Annual Report of the Directors of the Corporation
2. Tabling of the Financial Statements of the Corporation
3. Election of Directors and Officers
4. Appointment of Auditors



A United Way Member Agency

59 BRIAR HILL AVENUE, TORONTO, ONTARIO M4R 1H8
TELEPHONE 487-2390

Canadian Charity Number 0420224-56-13