

POINT *by* POINT

Issue 25

SPRING 2009

Upcoming POINT Events Spring 2009

April 16
Newcomer Job and
Information Fair

April 29
POINT Volunteer
Appreciation
Evening

April/May
"The Great Garden
Adventure"
Registration Now
Open for
Children's Gardening
Program

June
Annual General
Meeting
(Date TBA)

"Jersey Boys" Musical
Show Fundraiser
(more details coming soon!)

POINT by POINT
Newsletter
sponsored by

*The Rotary Club
of
Toronto-Forest Hill*

The NEW North Toronto Seniors Housing Directory is here!

"This is a project that we have wanted to complete for a long time," said, Community Information Service Co-ordinator, Janice Webster. North Toronto has a sizable senior population. Many people have raised their families in their homes here. Now, as they have become "seniors", it can become difficult to maintain the upkeep of a home. It is natural when contemplating a move to some form of a residence for seniors that you would want to continue to live in the community that you know so well.

"Increasingly over the past few years POINT has received a number of enquiries both from seniors and adult children on behalf of their parents as to what types of accommodation there is for seniors in North Toronto. It was obvious that we needed to consolidate this information and put it into a booklet," said Webster.

A grant was received from the Government of Canada's New Horizons for Seniors program that covered most of the cost which allowed a few thousand copies to be printed. The various types of accommodation listed in the booklet include: retirement homes; life lease residences; independent seniors' apartments; a co-operative; government subsidized seniors' apartments; supportive housing (also known as assisted living); and long-term care facilities.

Webster noted that from the accommodation chart on the inside cover, what strikes you the most is how heavily North Toronto is

dominated by retirement homes compared to every other type of accommodation.

However, most of the queries that POINT receives are from seniors that cannot afford to live in a retirement home. "This imbalance really shows the need for more affordable housing for seniors. Seniors are shocked to learn that the waiting lists for various subsidized housing are very long. They feel that they are between a 'rock and a hard place'. Even with selling a home in North

Toronto they are not confident that they can afford a retirement home, but wonder at the same time if they can outlive a multi-year (in some cases) waiting list."

Diane Werner, POINT Executive Director, commented that "POINT has long advocated for a greater range of affordable housing options for seniors, particularly through its PLANTSS (Planning in North Toronto for Seniors

Services) Committee

members." She stated that "POINT has held several forums dealing with the issue of affordable housing for seniors over the past years to bring public attention to this critical issue." POINT is now in the process of distributing these booklets to agencies who serve seniors, faith groups, seniors' clubs, local libraries in the North Toronto community, as well as to ethno-cultural organizations. Unfortunately, we are unable to mail out copies. If you would like a copy for yourself or a friend or relative, they can be picked up at the POINT office at no cost.



PEOPLE AND ORGANIZATIONS
IN NORTH TORONTO

POINT

Pointing the way.

Bonnie Anderson

It is with great sadness that we inform POINT readers of the passing of Bonnie Anderson, our bookkeeper at POINT for more than fifteen years.

Bonnie was a very caring individual, with a great zest for life and sense of humour. She was a devoted mother to Elizabeth and Joanna, and her two young grandchildren, Drew and Dexter.

A memorial celebration was held on January 13, 2009 at the Toronto Cricket, Skating and Curling Club where Bonnie began her life-long membership as a medal-winning figure skater.

On behalf of everyone associated with POINT, we would like to publicly express our condolences to Bonnie's immediate and extended family, and to convey our thanks for the honour of being chosen as the recipient organization of donations in Bonnie's memory.

The North Toronto Community Fair

"I've lived in North Toronto for so many years and I didn't know that this agency provided these services. This is so close to where I live." Every year this sentiment is stated regularly by different people when POINT holds the *North Toronto Community Fair*. This is one of many reasons we have this annual Fair; because despite all of our publicity, there are always more people for us to reach out to. The *North Toronto Community Fair*, in its 11th year, was held last October in the Yonge-Eglinton Centre. This thriving Fair had representation from the best of what North Toronto has to offer: The Anne Johnston Health Station; Central Eglinton Community Centre; North York Women's Centre; Parents in Transition; Parkdale Golden Age Foundation; SAINTS (Student Assistance in North Toronto for Seniors); Self Help Resource Centre; Second Mile Club, Orchard View Branch; SPRINT (Senior Peoples' Resources in North Toronto); Sunnybrook Health Science Centre, Health Information Centre; Toronto Public Health; Toronto Public Library, Northern District Branch; and Yorkminster Park Meals on Wheels. Agency participants were eager to let people know about their programs and events. The day's energy level increased dramatically, when soul singer, Jay Douglas with keyboardist Rick MacIntosh entertained everyone with his velvety voice — you can't help but sway your hips or tap your toes!

Rio Can partially co-sponsored the *North Toronto Community Fair* and assisted with the publicity inside the mall. Once again, Yonge-Eglinton mall merchants livened up the Fair by donating products or gift certificates. We want to acknowledge Indigo; Laura Secord; Grand & Toy; Pharma Plus; HVM Canada; Cotton Ginny; A Buck or Two; Timothy's World Coffee; Gems & Jewellery; and The Source. Their generosity is greatly appreciated. Also, the public was treated to tasty free samples of chili and fruit salad prepared by staff from Parkdale Golden Age Foundation.

A SPRINT representative summed up the *North Toronto Community Fair* nicely. "...it is a good opportunity to gain exposure and (it is) a good community building event. It also gave us a chance to network with other North Toronto service providers which is important."



COMMUNITY RESOURCES

Q & A

Q: Someone told me about "Good Food Boxes", boxes filled with fresh fruits and vegetables coming from local farmers and the Ontario Food Terminal. Where can I get these boxes in North Toronto?

A: Good Food Boxes are increasing in popularity. There are a variety of boxes to choose from with the price range from \$12 to \$32. Organic food boxes are priced at the higher price range.

Eglinton St. George United Church 35 Lytton Boulevard, (corner of Lytton Blvd. and Duplex Ave.) has run this program for almost 10 years. They handle approximately 40-50 orders per month; with the third Thursday of the month being the day that most people pick up their order. Some boxes are delivered. You get a free box for every 10 boxes ordered. Contact: Janet Whitney, 416-223-4509.

The Salvation Army's North Toronto Citadel, 7 Eglinton Avenue East, (Yonge St. and Eglinton Ave.) has operated their program for about three years. They average about 50 customers. Orders are sent in each Tuesday for pick up the following Thursday and they will be available for pick-up between noon and 7 p.m. that day. Generally there is no delivery service. Contact: Geraldine Watson, 416-921-9912.

The Anne Johnston Health Station has recently started this program in the last year. Orders and payments are placed on the first Wednesday of the month. Afterwards, you can pick up your order; deliveries are made on the third Wednesday of the month. Contact: Lyndsay Tchegus, Health Promoter, 416-486-8666 ext. 266.

Separate from the Good Food Box program, the **Yonge-Eglinton Apple Tree Market**, (formerly known as the **North Toronto Fresh Food Market** held at Eglinton St. George United Church last year), will set up an outdoor fresh food market behind the North Toronto Memorial Community Centre, 200 Eglinton Avenue West, on Thursday, April 23. This year round market will operate weekly on Thursdays, 3:00 pm to 7:00 pm. Food will come from local farmers and producers. Some vendors will be Scotch Mountain Meats, St. John's Bakery and Kawartha Ecological Growers. As well, expect to see displays from artisans and eco-conscious organizations.

Newcomer Job and Information Fair

Are you looking for work?
A newcomer to Canada?

- ◆ Need information on settlement?
- ◆ Wish to meet prospective employers
- ◆ Need help in finding employment?
- ◆ Looking for training or career opportunities?
- ◆ Interested in Money & Credit Management Workshops?

Date:

Thursday, April 16, 2009, 12 - 5 p.m.

Location:

North Toronto Memorial Community Centre
200 Eglinton West, close to
Eglinton Subway station

Tel: 416-487-2390 or visit www.pointinc.org

Participating Agencies & Businesses

Arvato Digital Services / Canadian Forces / CN Tower / Credit Canada /
Energy Direct / Instinctive Research / Investors Group / MedLink Academy
of Canada / People & Organizations in North Toronto / Ryerson
Placement / Skills for Change / Sunlife Canada / TD Bank / T-Link School for
ESL Teachers / Toronto District School Board / Toronto Emergency Medical
Services / Toronto Public Library / Toronto Social Services / Volunteer
Toronto / VR Placement

Network your way to that job you've
been looking for.

SPRING AND SUMMER WEEKEND SOCIALS

Nannies and Caregivers' Support Group

Spring Treasure Swap Bazaar (Swap, sell your gently
used stuff) | Movie & Popcorn Night | Tulip Festival Trip
| Girls Night Out: (PJ Party, Wine & Cheese Night,
Share-a-recipe Pot Luck) | Face Painting Contest | Self-
Care Weekend (Spa Day: Skin & Body Care) | Music
Therapy (Sing Along) | 'Share-Your-Beauty Secrets'
Day | Fruit Picking Day Trip | Georgian Bay Boat Cruise
| Niagara Tour & Picnic | Beaches Summer Pot Luck

For more details, contact lbacce@pointinc.org
or Lourdes @ 416-487-2390

POINT BOARD MEMBER OPPORTUNITIES

POINT is seeking individuals who wish to contribute
to improving the quality of life in their local
community. At present, we are looking for people with
experience in one or more of the following areas:

- **Financial Management**
- **Fundraising**
- **Marketing/Communications**
- **Risk Management**
- **Seniors' Issues**

Previous community board experience would be an
asset. POINT strives to reflect the diversity of the
community within all aspects of our organization. If
you are interested in serving on the POINT Board of
Directors, or a POINT Committee, please
forward a letter or resume to the attention of
the POINT Nominating Committee c/o
dwerner@pointinc.org by May 11, 2009. For
more information, contact the Executive
Director at 416-487-2390.

The Great Garden Adventure!

*FREE interactive gardening program
for children from ages 3 to 7!*



Presented in partnership with
the Toronto Green
Community



Our program includes...

- ◆ *planting, weeding & watering plants*
- ◆ *learning about composting, water,
garden creatures, food security, music,
and more!*
- ◆ *garden games and crafts*

**Children must be supervised by an adult for the
DURATION of the program!**

Tuesdays and Thursdays from 10am to 12pm
(July 7 - August 27) at the Eglinton Park
Heritage Community Garden
(200 Eglinton Ave. W.)

To register, call POINT at
416-487-2390

Mark Your Calendar !

- ♦ **Children's Great Garden Adventure** - Starts July 7th. To register your child now, call POINT at 416-487-2390 or visit POINT at 200 Eglinton Avenue West
- ♦ **Job Finding Workshops** Saturdays, 10:00am -12:00pm. To register, call POINT at 416-487-2390 or visit POINT at 200 Eglinton Avenue West
- ♦ **Peer Nutrition Program** - To register, call POINT at 416-487-2390
- ♦ **POINT Legal Advice & Government Form-Filling Clinic**
Every 2nd Friday -9:30am - 12:00pm by appointment only
For more information call POINT at 416-487-2427
- ♦ **Saturday Café Socials (Nannies & Caregivers' Support Group)** -
Saturdays 2:00pm - 4:00pm. To register, call POINT at 416-487-2390

Seniors' Community Dining Program

Made possible through partnerships with: SPRINT, Parkdale Golden Age Foundation, POINT, The Departments of Parks and Recreation, and Public Health.
Location: North Toronto Memorial Community Centre, 200 Eglinton Ave. West.
 To make a reservation call POINT at 416-487-2390.
 Lunch (\$5.75), Sunday Brunch (\$6.50), Dinner (prices vary). Tickets can be purchased at the POINT kiosk desk in the Community Centre.

Wednesday Lunch	Friday Dinner	Sunday Brunch
April 1 Bbirthday Lunch 8 Lunch 15 Lunch 22 Lunch 29 Lunch	April 17 Dinner and Dance (\$10.00)	April 5 & 19
May 6 Lunch 13 Lunch 20 Lunch 27 Lunch	May 8 "Spring Fling" Dinner and Dance (\$14.00)	May 24

POINT Mission Statement

To serve the people who live, work and study in North Toronto by improving availability and increasing awareness of the social and health services in the community through information, education, and

Board of Directors

Chair: Marg Muir

Directors: Colin Benjamin, Estrellita Liboro, Cynthia Luks, Anita O'Connor, Tracey Ramsay, Pat Taylor, Safia Wasi, and Gladys Wong

Executive Director:
Diane Werner

How to Reach Us**POINT Office**

Telephone: (416) 487-2390

Fax: (416) 487-9276

E-mail: point@pointinc.org

Web Site: www.pointinc.org

Open: Monday to Friday
9 a.m. - 5 p.m.

Community Information Service

Telephone: (416) 487-2427

Open: Monday to Friday
9 a.m. - 5 p.m.

North Toronto Memorial
Community Centre
200 Eglinton Ave. W., 1st Floor
Toronto, Ontario, M4R 1A7

POINT by POINT**Editors:**

Diane Werner and Janice Webster

Contributors:

Lourdes Balce, Grace Lamothe, John Patton, Janice Webster, Diane Werner.

POINT Membership & Donation Form

- ☐ Yes! I would like to **become a member of POINT**. My membership fee is enclosed. Please add my name to your mailing list. As a member, I will receive the POINT newsletter, voting privileges at the Annual General Meeting, and other information bulletins. A charitable tax receipt will also be issued.

Name: _____

Address: _____

City: _____ Postal Code: _____

Tel: (____) _____ Email: _____

Method of Payment:

Visa _____ Card # _____

Signature _____ Exp. Date: _____

Cheque: Please make Cheque payable to P.O.I.N.T. Inc.

Membership Fee:

Individual \$10.00

Agency/Organization/Business \$25.00



United Way
Toronto

Approved Member Agency

Charitable Registration # 10785 0422 RR (0001)