

Mary Centre

20 years

CELEBRATING DEVELOPMENTAL CHALLENGES

NEWSLETTER



Positive Partnering

Mary Centre has been providing residential services and integrated senior's programs to the Toronto and Peel communities for 20 years. We have acquired an expertise in working with and providing services to seniors with developmental challenges.

Over the past few years, Mary Centre has developed relationships with Malton Village and Leisure World Care Living Centres in Mississauga that have become very effective positive partnerships.

Currently there are a number of seniors with developmental challenges that are isolated and unable to fully participate in activities offered within these facilities. Malton Village and Leisure World have opened their doors to Mary Centre's Transition and Long Term Care support workers to work with these individuals.

The workers interact cooperatively with the seniors, their families, community service providers, facility staff and community members to encourage the development of formal and informal programs for the persons with developmental challenges. They focus on Life Skills Maintenance, Recreation and Leisure Activities and Mental Stimulation. They look for opportunities to help the individuals to meet people, get connected and participate in meaningful activities adapted to their skill level.

Social integration and leisure skills can produce tangible reductions in problem behaviors, health improvements and greater participation in their community

This is accomplished through appropriate instruction and experience.

Ensuring residents receive the extra care they need, such as more one-to-one time and increased outings, have been a major win for the homes and the residents are energized by the partnership.

One resident, who used to live near the Mississauga long-term care home, was taken by a support worker for a trip down memory lane, reminiscing of his previous home. When he got there he just came alive. You could just see the excitement because he recognized the building.

Other residents enjoy taking day trips to outside organizations such as the Square One Older Adults Centre, attending Seniors Mass and visiting family. These activities help the residents feel they are a part of the community. The partnership means that residents are taking day trips almost every week.



Positive Partnering

Both sectors also benefit from the cross-training that result from the partnership. The health care sector contributes expertise in medical and personal care along with other ageing-related health issues. The developmental service sector provides their expertise in working with developmentally challenged seniors.

In every way, it is a very positive partnership.



Smile Corner

A man was walking down the street with a penguin following close behind him. A policeman stopped him and asked: " Why is that penguin following you?"

The man said: "I don't know. He just started following me." The policeman ordered the man to take the penguin to the zoo right away.

A few hours later he saw the man again and the penguin was still following him. "Hey!", shouted the policeman, "I told you to take that penguin to the zoo." "I did." replied the man. "He liked it so much that now I'm taking him to the library."

Meet Sherrie

Sherrie Duncan has been part of St. Mary's Supported Independent Living Program since September of 2005. She is a very busy lady often running from one activity to the next. Sherrie has two jobs. She works at Norpac and at the Bulk Barn often working 6 days a week. Sherrie competes on the Special Olympics swim team, her specialty is the backstroke. At her last swim meet Sherrie won 3 first place ribbons.

She is a strong swimmer and competitor. In her free time, Sherrie goes to the gym and plays baseball. She also finds time to participate in crafts workshops and her handicrafts can be seen throughout her house. Sherrie is a very social lady who enjoys attending dances here in Brampton and on Sundays she visits her family and has dinner and attends church.

Sherrie has come a long way since starting with Mary Centre. She is now able to prepare and follow simple recipes. Her communication skills have improved. She has learned how to budget better. Her physical and emotional health has improved. Sherrie is energetic, social, and has a great sense of humour. She is a pleasure to work with.

By Tamara Despard



MARK YOUR CALENDAR!

November 5, 2009

13th Annual Fundraiser
Famous People Players Dinner Theatre

May 11, 2010

11th Annual Fundraising Golf Tournament
Rattlesnake Golf Club, Milton

For information contact Marion Patterson at (416) 630-5533 or mpatterson@marycentre.com

An Introduction to Mary Centre

. I had the great privilege of visiting the Mary Centre Head Office in Toronto and visiting two of the residences this past winter. What struck me first and foremost was the care and compassion of Mary Centre staff. They afforded every resident a sense of dignity and belonging. What I observed was a family of caring people. I say family because there was no observable defined line between those giving assistance and those needing it. The caregivers were there to help and encourage the residents whenever the need arose and they were more than that. It was evident that they were friends who truly cared about their charges.

The facilities also demonstrated this commitment. At Redcastle House, for instance, a resident's significant physical needs were accommodated through the installation of equipment which assisted him in getting in and out of bed and being able to use the washroom facilities. The house was clean and tidy and each resident's room was furnished in a way personal to them. It might have been a cold winter's day outside but inside the air radiated a lot of love.

The day I visited Mary Centre's Head Office, residents were there to help with a mailing. Everyone was welcoming, happy, chatty and felt useful.

Finally, I visited St. Bernard's Residence. This respite facility assists those challenged with the role of constant caregiver at home. This was a carefully chosen positive response to the serious issue of being unable to permanently give shelter to all those in need.

Mary Centre in all its emanations is a shining example of what people can do to help those in need.

By Bev Simpson

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"Celebrating Developmental Challenges"