

# MARY CENTRE NEWSLETTER



## Remembering Carolyn

I first met Carolyn when I was working as a replacement agency staff in March 1992. My first impression of her was that she was a sweet, easy-going, butter-couldn't-melt-in-her-mouth kind of person. That lasted for the first hour or so. Then she unleashed the many other facets of her personality.

Carolyn came to live at Mary Centre's Redcastle residence when it was opened in 1991. She was one of the original 4 individuals to reside there. Prior to then, Carolyn lived at home with her parents until they passed away.

Carolyn became very much involved in her community activities. She attended bingo, lunch programs at Scarborough Support Services, and with a group of ladies from her church and Linda Main, her long-standing friendly visitor. Her favourite pastimes were embroidery and rug-hooking; whatever she made she gave away; she never kept any for herself. She also enjoyed bowling and listening to music. She loved to go out for coffee, and it had to be Tim Horton's; on one occasion after Carolyn's sight had waned, she had a visit by Assistant Pastor of her church, Margaret Collard, who brought her a Tim Horton's coffee with a butterscotch covered donut; Carolyn was told it was a chocolate covered donut (because that was her favourite), and she wolfed it down anyway.

Carolyn connected with the St. John's United Church faith community soon after she came to the Redcastle home. She had strong bonds with her family, her sister Anne, brother-in-law, Doug, and was very proud of her 3 nieces and 1 great niece. They were very close and she loved them all dearly, and they kept in close contact with her.



Carolyn was well-traveled; she went to Nova Scotia, Las Vegas, and one year she holidayed on a "houseboat". When asked if she'd do it again, she vehemently said, "NO"; she was uneasy with the constant rocking.

In the last 5 yrs of her life she developed Glaucoma, Osteoarthritis, and Alzheimer's dementia. The last year of her life was impeded by becoming blind in both eyes and her Alzheimer's. Her medical condition got to the stage where she needed more care than Mary Centre's staff could provide. Carolyn moved to Marion Home, which is run by the Sisters of the Precious Blood, in May 2005. Carolyn passed away on Nov. 25<sup>th</sup> 2005. A memorial for Carolyn was held at St. John's church on Jan 25<sup>th</sup> 2006, where her family, friends, her many volunteers, her peers, and Mary Centre staff attended. Pastor Margaret Collard presided; she gave a moving eulogy of the Carolyn she knew. Everyone was touched. She will be sadly missed.

*by Darlene Dowling*

## Health And Safety In The Workplace

Mary Centre has always placed an important emphasis on the health and safety of our employees, which has led to increased care, welfare, safety and security for those individuals we support in our programs. Making health and safety top priority is one of the fundamental commitments Mary Centre has made to our employees. Our Occupational Health and Safety Policy Statement is proudly posted at all of our program locations, reminding us that health and safety is everyone's responsibility. To show our commitment and goal to helping reduce illness and injury on the job, Mary Centre joined the Workplace Safety and Insurance Boards Safety Groups Program in 2005.

Safety Groups began in 2000 as part of WSIB's ongoing goal of making prevention a daily habit in the workplace. Last year Mary Centre's Joint Health and Safety Committee worked hard at developing a Return to Work Program to assist employees who have been injured to return to work earlier and safer. Hazard Recognition, Assessment and Reporting Procedure were developed to assist employees in reporting hazards which are identified outside of the regularly scheduled workplace inspection.

Since many of the individuals we support are required to be lifted and transferred from wheelchairs, it was in everyone's best interest to develop guidelines around Lifts, Transfers and Repositioning of Individuals.

Mary Centre is proud to admit that ceiling lifts are installed in all our group homes which support people who need assistance with transfers and lifts. This is one of our attempts to help reduce musculoskeletal/soft tissue injuries. Finally, we developed an Emergency Response Plan outlining roles and responsibilities of all employees and management.

In 2006, Mary Centre has once again made the commitment to be part of the Safety Group. This year we will develop programs around Staff Orientation, Slips and Falls Prevention, Supervisory Competency, Community Risk Assessments and Personal Safety in the Community. The Joint Health and Safety Committee is up to the challenge and will once again work diligently in developing these programs and training all our employees on the importance of making health and safety and integral part of our day-to-day activities.

Denise Tremblett  
Co Chair JHSC

### MARK YOUR CALENDAR!

<u>May 16, 2006</u>	<u>8<sup>th</sup> Annual Fundraising Golf Tournament</u> Glencairn Golf Club, Milton
<u>April 25, 2006</u>	<u>Volunteer Appreciation Dinner</u> Columbus Centre
<u>July, 2006</u>	<u>Annual Loblaws BBQ</u> Victoria Park & Gerrard
<u>October 26, 2006</u>	<u>9<sup>th</sup> Annual Fundraiser</u> Famous People Players Dinner Theatre



Frank McAuley, VP and Fundraising Chair  
Annual General Meeting

## Join Us

Volunteers play many vital roles at Mary Centre. Some provide friendship to our residents, taking them to church or medical appointments. Others perform as handymen at our properties.

Volunteers are also involved in governance and fund raising. If you would enjoy a rewarding experience, help us out by volunteering. We are especially seeking volunteers for our Board of Directors and committees who have experience and skills in:

- Communications/Public Relations
- Fundraising
- Human Resources

Please contact Dominic Conforti, Executive Director at 416 630-5533 or e-mail at [dconforti@marycentre.com](mailto:dconforti@marycentre.com).



Dominic Conforti, Executive Director  
and Frank Penny, Past Treasurer



Presentation by Senior Management at AGM

## Smile Corner

A feisty 80-year old woman was arrested for shoplifting. The judge asked her, *"What did you steal?"*

She replied, *"A can of peaches"*.

The judge then asked her how many peaches were in the can. She replied, *"6"*. *"Okay"* said the judge, *I will give you 6 days in jail"*.

At which point the woman's husband spoke up and asked if he could say something. The judge said, *"What is it?"*

The husband said, *"She also stole a can of peas"*.

## We Salute Denise!



Denise has been with Mary Centre since 1992 and Program Manager of Scarborough's three homes since 1998. It is truly an honour to be able to work with and know Denise.

Denise shows a great deal of respect for both the individuals we support and the staff that support them.

She approaches management with an open mind, listening to all sides of an issue before making any decisions and believes very strongly in a united team. Denise is very approachable always encouraging staff to do things on their own first. She has a conf-

dent and outgoing nature and her passions include home renovations and caribou hunting in Labrador where she was born. She is an intelligent, compassionate, ethical woman of great conviction whose underlying values and nature remain steadfast and she is also an Ordained Salvation Army Minister. To fulfill her quests, she is a lifelong learner, teacher and mentor to others. She expects more from herself than from others and the quality of life of the residents is her number one priority. I am sure this is why Denise has earned the great respect she has from families, residents, staff and the professional community.

She helps us to see the good in ourselves and take action, just as she does, in a holistic, non-judgmental manner in the best interest of the people who really need us to be their advocates.

### Newsletter Committee

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If you would like more information about Mary Centre and/or you would like to make a donation, clip out this and we will provide you with a Charitable Tax Deductible Donation.

- I would like more information about the agency
- I would like information on becoming a volunteer
- I enclose a cheque in the amount of: \_\_\_\_\_ or charge to my Credit Card  
Card # \_\_\_\_\_ Expiry \_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_
- I wish to remain an anonymous donor

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*"Celebrating Developmental Challenges"*