

Respite Care Program

By Tracey Berman

Welcome to the Respite Care Program at Mary Centre, my name is Tracey Berman and I am the new Respite Care Coordinator. I like to introduce myself this way because then people always ask me " what exactly is respite and what do I do?"

I then smile, tell people to sit down and get a coffee, because I can not explain this position in one or two words, so bare with me as I take you on the journey of Respite Care. (p.s. go get your coffee now!).

For those of you who are not familiar with the program, Mary Centre began the Respite Care Program in April of 1998. Mary Centre recognized the challenges families face when caring for an adult with a developmental disability at home. This program offers the Consumer and their family's unique choices in level of supports. The program is designed to provide support,

guidance, care and supervision to consumers according to their individualized need.

My job is to meet with the Consumers and their families and do an assessment of their needs and then try and match the Consumer to the right support system to meet their needs. (Simple right!!) I spend a lot of time on the road (often getting lost) so that I can meet with each and every referral.

A Consumer may fit into three areas of support.

- In- House Support
- Host Family Support
- Group Home Support

The In-House Support allows the Consumer to remain in a familiar setting, and I match a suitable support worker to go into the home to work on various skills, participate in recreational and leisure activities and or accompany the Consumer on appointments.

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Fundraising Update

We would like to thank the following people for their contributions:

Tom and Mary Joe McNulty
Marilyn Dumaresq
Al & Dianne Graham
Fred J. Cockburn
Bernie Fryer
Ilse Kusek
Sheila Snelgrove
Janssen-Ortho Inc.
Digital Electric
Glenn Pothier
Mary Nicol
Tom Thomas

and a special thanks to all who participated in our 3rd Annual Dinner Theatre Event at the Famous People Player's Dinner Theatre which was held November 2 and 3rd of this year.

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The hours of work vary depending on the needs of the Consumer and the family.

The second model of support is the Host Family Supports. A Host Family opens up their own home to the Consumer to come and stay overnight for a short period of time. This model provides the Consumers family with an out of home break from their family member and allows the Consumer to experience new situations in a safe environment.

The third model is the one most of us are familiar with, which is the residential or group home support. The residential bed offers a Consumer who is 50 years of age and older who may have more complex needs a safe, secure, short-term respite. The staff at the group home works closely with the Consumer to meet their needs during a respite period.

Since I began with Mary Centre in June I have had the opportunity to meet several new Consumers and their families, and hear their frustration of not being able to find the right worker for their family member and that a lot of other agencies never returned their calls.

I try my best to find a suitable match for the Consumer to help give the family peace of mind that their family member is in good hands.

The future of the Respite Care Program is such, to continue to provide families with a source of Respite that meet their needs in a timely fashion.

To explore other alternative methods of supports, for example I am currently working with 2 sets of 2 families who are interested in working with Mary Centre to establish future planning model and opening up

their own "group home" or apartment programs to ensure that their family member will be taken care of in the future.

I would also like to explore the possibilities of expanding our age range of service. Instead of limiting our resources to adults 18 years of age and older with a developmental disability to expand to include children and transitional age youth

Fun Times in the Summer



The residents and staff had fun in the sun this summer by participating in activities they really enjoy! the residents and staff at Greenbriar hosted a BBQ in July which saw residents and staff from the East and West.

Everyone seemed to enjoy reacquainting and meeting new friends! Thanks to Greenbriar and to all the residents and staff who made this a memorable event. See you all next summer for a repeat performance!!

Two of our seniors residents in Scarborough, Whitecap and Leyton hosted each other and held a garage sale and bake sale. All monies raised from this event will be used for resident programming. All the best for next summer!!

with a developmental disability and partner with the families at an earlier stage to include long term planning for their family member. This area will take some time as I am currently doing research into the government requirement need to provide services to children and teenagers. I'll keep you posted.

Also part of my job involves education and promoting the program. What good is a program if no one knows what it is. In October I spoke at Humber College to DSW students. I also will be speaking at some parents support groups.

Well hopefully I have answered the question of what I do. And maybe I have raised a few other questions regarding Respite Care. You know I am always looking for a few good people to work in this challenging field, as well Host Families are always needed. So tell a friend about our program, you will be glad that you did. I can be reached at 416-630-5533

So the next time we meet and I introduce myself to you as Tracey Berman the Respite Care Coordinator. You can stop me and say "I had my cup of coffee and I know what you do!"

Hope to see everyone soon

Tracey

Staff Salute

Janet Christensen has been Mary Centre's bookkeeper since 1992, but Janet would rather be Golfing!! She is holed up in the back office of 530 Wilson Avenue and there she works out the budgets, government reports and keeps Mary Centre fiscally responsible. Many of our staff do not know Janet but they would be interested to know that she is the person responsible for the Creativity at our Silent Auction at the Famous People Player's Event and she also made, and donated the Father Christmas' which a few staff members and guests where outbidding each other on both events. At our 1st FPP event, Janet coerced 9 of her friends and family to join her at our celebration and each year they return again to support Mary Centre. She also is the person responsible for the creativity of our

Gift Table at our 1st Golf Tournament, helping to pick up prizes, package and display them and again her friends came through by joining her in 2 foursomes at the tournament. Janet's enthusiasm for life is her greatest asset and we are lucky to have her as a part of our Team!

Volunteer Social

All Mary Centre volunteers were invited to the annual Volunteer Social. It was held on Tuesday, October 24 at St. John's United Church in Scarborough. This was a wonderful opportunity for volunteers to meet and socialize with each other, as well as with some of our residents. It was a great success!

Upcoming Events

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| October 24 | Mary Centre Volunteer Social St. John's United Church |
| October 28 | Craft Sale at The Salvation Army Community Church Street Festival (236 Rhodes Avenue) |
| November 2-3 | Mary Centre's Gala Event Famous People Players Theatre |
| November 15-19 | Miko Toys Fundraising Event |

Volunteer Corner

Fall is just around the corner. This time of year is always beautiful as the leaves are changing colours and there is a crisp feel to the air. It is also a time of year when people may be looking for new and exciting adventures and experiences. If you are interested in volunteering and sharing your talents, then Mary Centre is the place for you. We have request from our residents and they are also anxious to experience some new adventures.

We have residents who want to share similar interests such as listening to music, baking, going for walks. We have a male resident who

enjoys playing his guitar and would like someone to play and sing along with him. We have residents who enjoy going out for coffee with someone and look forward to having friendly conversations.

There are also requests from residents for drivers to take them to and from day programs and medical appointments and as well requests for tutors to help teach literacy and computer skills. Our community clients are also requesting friendly visitors.

There are many opportunities to get involved with a resident in Scarborough, Brampton and York region. All you have to do is pick up the phone, or email Lynnell at 416-502-1910;

lblind@marycentre.com

Wishlist

The staff and residents would like to thank Frank Gamze & family for the donation of pot holders and mixing bowls, as well as Maureen McCullough for the donation of a lamp and coffee table. More items are requested:

- Automatic camera**
- Curio cabinet**
- Clock**
- End table**
- Lamps**
- Backyard shed**
- Patio set**
- Ghetto blaster**
- Computer desk**
- BBQ**

Vacuum cleaner
If you are able to help us out With a donation, please call Lynnell Blind at **416-502-1910**

Mailing Address: Mary Centre, 530 Wilson Avenue, Suite 200
Toronto, Ontario, M3H 5Y9, Phone [416] 630-5533, Fax [416] 630-5702

Catholic Charities 
of the Archdiocese of Toronto

If you would like more information about Mary Centre and/or you would like to make a donation, please clip out this section, complete the information and return to our office.

- I would like more information about the agency
- I would like information on becoming a volunteer

I enclose a donation of: \$200.00 \$100.00 \$50.00 Other _____

Cheque enclosed. I wish to use my Visa Card Amex

Card# _____

Expiry Date _____ Signature _____

- I would like to donate a gift in kind. Please specify _____
- I wish to remain an anonymous donor.

Name: _____

Address: _____

Postal Code: _____

