

# Community Connector

Keeping You Connected Since 1982

Spring/  
Summer  
2024

 Become a CANES Board Member

 Healthy eating tips for summer

 5 Short Stories to make you smile

 CANES Receives 10K Donation

## Are you interested in helping seniors? If so, consider joining our Board of Directors

Are you interested in helping seniors in our community remain in their homes and enjoy their later years to the fullest extent possible? If so, please consider joining the Board of Directors of CANES Community Care ("CANES").

**CANES mission is "To provide outstanding support and care services that enhance the lives of our clients, enabling them to remain home and in their community."**

Founded in 1982, CANES is a Not-For-Profit organization that has a long history of providing a wide range of 360 degree care services for seniors living in the west Toronto and surrounding areas. Home care services include home maintenance, homemaking, and personal care. CANES also provides other services such as transportation, friendly phone calls, behavioural supports, and transitional care.

As part of our commitment to diversity, equity, and inclusion throughout the organization, we are actively seeking individuals who can contribute to our mission with their unique perspectives and lived experiences. Although we are particularly looking for individuals with experience in accounting and finance, risk management, information technology or a healthcare background, CANES would be interested to hear from any interested individuals. We welcome applications from all community members.

We respect the value that diverse life experiences bring to our board and leadership, and we strive to listen to their views and give them value. We're committed to modeling diversity, inclusion, and equity and maintaining fair and equal treatment for all.

The Board of Directors is elected to a three (3) year term. Such commitments include the following:

- Attend monthly Board meetings (excluding the months of July, August, and December, unless required). Meetings will be held virtually or in person, as set out by the Board Chair from 7:00 PM – 9:00 PM on the last Tuesday of each month.
- Must participate in regular sub-committee meetings (meeting times vary)
- Act and observe the principles of good governance.
- Participate in strategic planning and functions.

If you are interested in helping seniors in our community by providing leadership and direction in a time of expanding need and have the experience we are looking for, please submit your resume to:

[winnie.lam@canes.on.ca](mailto:winnie.lam@canes.on.ca)

To learn more about CANES Community Care, explore our website at [www.canes.on.ca](http://www.canes.on.ca).



## Your Health and Safety

## Top Summer Healthy Eating Tips for Seniors

Have you ever heard, "food is medicine?" In a way, it can be. Healthy foods can help you prevent disease and keep your body working as it should. Making small tweaks to your diet can help you enjoy the seasonal foods of summer while staying fit and as active as you can.

### Foods for healthy aging

One of the best healthy tips for eating is to make sure your meals are balanced. Choose something from each of the following categories for a meal packed with nutrition.



#### 1. Fresh Fruits

The great thing about summer is all the fruit that is in season. Choose your favourite fresh fruit to round out your meals, such as sliced strawberries alongside your morning eggs, or an orange with your lunch. But don't forget the many other ways to prepare fruit: cooked, steamed, stewed or in sauces, too! In fact, preparing fruits this way can make them easier to digest, allowing your body to absorb all the nutrients they have to offer.

#### 2. Fresh Veggies

Everyone knows you've got to eat your greens - but don't forget to eat the other colours of the rainbow, too! Red peppers, purple eggplant, orange carrots... not only are colourful veggies beautiful to look at, but they provide an important wealth of vitamins, minerals and fiber for your diet. Whether garden-fresh, roasted, steamed or grilled, make sure your plate has plenty of veggies for good health.

#### 3. Whole Grains

Speaking of fiber, whole grains are a great source of this important nutrient. Getting the right amount of fiber for your body can be easier than you think if you swap in whole grains. For example, switch out cold cereal for steel cut oatmeal, or swap brown rice for white rice as a side dish for dinner. If you tolerate popcorn well, it's a whole grain that makes a tasty snack.

#### 4. Lean Proteins

The fourth component of a healthy plate is lean proteins. While a flavourful cut of beef is tasty now and then, you can increase your heart health by choosing lean proteins such as fish, chicken, and even some cuts of pork.

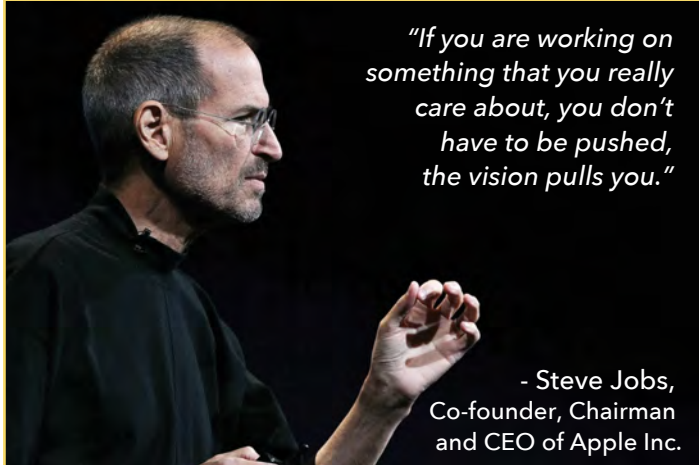




Gord



Doug



*"If you are working on something that you really care about, you don't have to be pushed, the vision pulls you."*

- Steve Jobs,  
Co-founder, Chairman  
and CEO of Apple Inc.

We are pleased to report in this joint communique that CANES Community Care continues to be pulled towards our future vision of home and community care. We have continued to engage with our Home and Community Care and Hospital partners to expand our care services to meet the needs of our clients in the community. We have strengthened our partnerships and hired new staff to support our programs. Here are some key highlights:

**Board Governance:** Recognizing the need to constantly review the environment in which CANES operates, the Board of Directors organized a Strategy Session with the full Board and senior management team on April 13, 2024. Facilitated by Dan Carbin of Santis Health, this session provided the opportunity for CANES leadership to identify the key areas of focus for our agency going forward and to assess emerging opportunities.

**Business Continuity:** In order to strengthen our in-house capability CANES has transitioned from Procura Client Relationship Management (CRM) software to a more robust platform – Alayacare. This will improve our Intake, Scheduling, and Care Planning capability. We have also moved from ADP payroll to Ceridian/Dayforce to improve our HR capabilities in tracking vacation days, sick days, employee turnover and other key metrics. We are also developing an IT Strategic Plan to improve our data analytics capability in the coming months.

**Program Management and Innovation:** Our very capable front-line staff, Supervisors and Managers have not only maintained all our programs but continue to work 24/7 to add capacity and to work with our partners to meet the demand for services. Assisted Living, Behavioural Supports, Transportation, Caregiver Support, and Home Maintenance continue to feel the pressure – but they have all demonstrated grace under pressure.

**Transitional Care:** CANES continues to provide Transitional Care services to Alternate Level of Care (ALC) patients discharged from the hospital. We are operating 73 beds in three retirement homes. In addition, we continue to support transitional care programs in the community through the CANES@Home program and the THP@Home program. The CANES@Home program supports Halton Health Care and the Connected Care Halton Ontario Health Team (OHT) and is operating at capacity with a view to expand services. The Trillium Health Partners THP@Home program has served over 400 clients and the plan is to more than double this number in 2024 to ease ALC access and flow pressures in the hospital.

**Community Partnerships:** Since the Partners Forum organized last November 2023 CANES has been actively developing a new evaluation model to assess opportunities and to develop action plans to implement new or expanded care services. Our Partners identified a number of "headwinds" in the health system that they wanted to work with us on in the near term. CANES is calling this the Blue Swan initiative and the action plan is titled The Wedge Model. More to follow on this new approach as we refine the model and share it with our community partners.

**Looking Ahead:** Going forward for the balance of 2024 CANES Community Care will continue to be pulled forward to our vision of what our agency wants to be as we respond to the headwinds in front of us. We will continue to adapt and innovate to ensure that our clients receive the best care possible. On behalf of the Board of Directors and staff we wish you a safe and enjoyable summer.

Sincerely,

Gord Gunning, CEO,  
CANES Community Care

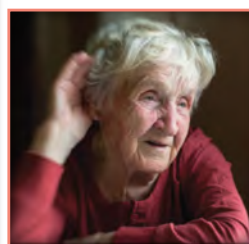
Doug Thomas, Board Chair,  
CANES Community Care



## A Poem. What Do You See?

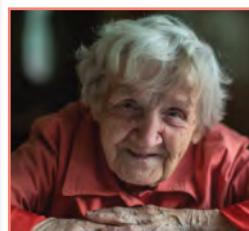
What do you see nurses? What do you see?  
What are you thinking when you look at me?  
A crabby old woman, not very wise,  
Uncertain of habit, with far away eyes.  
Who dribbles her food and makes no reply  
when you say with a loud voice "I do wish you'd try."

Who seems not to notice the things that you do, and forever is losing a stocking,  
a shoe, who resisting or not, lets you do as you will, with bathing and feeding,  
the long day to fill. Is that what you're thinking? Is that what you see?  
I'll tell you who I am as I sit here so still, as I rise at your bidding and eat at your will,  
I'm a small child of ten, with a Father and Mother, Brothers and Sisters who love  
one another: A young girl of sixteen with wings on her feet, dreaming that soon  
now her lover she'll meet. A bride soon at twenty, my heart give a leap. Remember-  
ing the vows that I promised to keep. At twenty-five, now I have young of my own,



Who need me to build a secure happy home.  
A woman of thirty, my children grow fast, bound to  
each other with ties that will last. At forty - my young  
sons now grown up have gone, but my man stays  
beside me to see I don't mourn. At fifty - once more  
babies play at my knee, again we know children, my  
loved one and me. Dark days are upon me, my husband  
is dead. I look at the future, I shudder with dread.

For my young are all busy rearing young of their own. And I think of the years,  
and the love I have known. I'm an old woman now, and nature is cruel, - 'Tis her  
jest to make old age look like a fool. The body it crumbles, grace and vigor  
depart. Now there is a stone where I once had a heart.



But inside this old carcass a young girl still dwells and  
now and again my battered heart still swells.  
I remember the joys, I remember the pain. And I'm  
loving and living life all over again. I think of the years  
all too few - gone too fast. And accept the stark fact  
that nothing can last.

So open your eyes nurse! Open and see not a crabby  
old woman, look closer - **See me!**



### 1. Do you know who I am?

One day a famous old celebrity went to a nursing home to see all of his friends again and see how everyone was doing. When he got there he was immediately greeted by everyone because they recognized him instantly. He said hi to all of his friends warmly, but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The celebrity went up to the old man and stood in front of him, asking, "Do you know who I am?"

The old man looked at him, and quickly "No, but you can go to the front desk and they'll tell you."



### 2. What was the name of that restaurant?

An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly."

The other man asks, "what is the name of the restaurant?"

The first man thinks and thinks and finally asks, "what is the name of that flower you give to someone you love? You know... The one that's red and has thorns."

"Do you mean a rose?"

'Yes, that's the one,' replied the man. He then turns towards the kitchen and yells, "Rose, What's the name of that restaurant we went to last night?"



### 3. Her Fourth Marriage

A local news station was interviewing an 80-year-old woman on why she had recently got married for the 4th time. They wanted to know her secret for finding love again and again.

The interviewer asked her a few questions about her life, and about what it felt like to be a bride again at age 80. Then he asked what her new husband did for a living.

"He's a funeral director" she answered.

The news person was surprised at her answer, and wondered who else she had married. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. Her life had been full of exciting moments, especially with three husbands.

After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now in her 80's a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, " I married one for the money, two for the show, three to get ready, and four to go."



### 4. Can you hear that?

An old man decided his old wife was getting hard of hearing. He called her doctor to make an appointment to have her hearing checked.

The doctor said he could see her in 2 weeks, and meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go 20 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "I'm about 40 feet away, let's see what happens."

"Honey, what's for supper?" No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?" No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?" No response. On to the kitchen door, only 10 feet away. "Honey, what's for supper?" Still no response.

So he walks right up behind her. "Honey, what's for supper?"

"For the 5th time, **CHICKEN!**"



### 5. Sharing and Marriage

An old man and his wife went to their local fast food restaurant. The man placed an order for one hamburger, fries, and a drink. He unwrapped the burger and carefully cut it in half, placing one half in front of his wife.

He then carefully counted out the fries, dividing them into two piles and neatly placed one pile in front of his wife. He took a sip of the drink, his wife took a sip and then set the cup down between them. As he began to eat his few bites of the burger, the people around them were staring and whispering.

Obviously they were thinking, "That poor old couple - all they can afford is one meal for the two of them."

As the man began to eat his fries a young man came to the table and politely offered to buy another meal for the old couple. The old man said, they were just fine, and they were used to sharing everything.

People closer to the table noticed the little old lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink. Again, the young man came over and begged them to let him buy another meal for them. This time the old woman said "No, thanks, we are used to sharing everything.

Finally, as the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked, "What is it you are waiting for?"

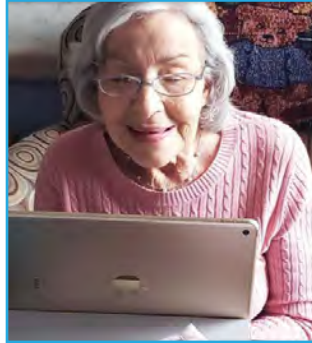
She answered, "**The teeth!**"



## > CANES Receives \$10,000 Donation from Long time partner agency Home Instead

CANES has received a generous donation from local home care provider, Home Instead. CANES has been a community partner with Home Instead for over 10 years, and appreciates their ongoing support of our programs and services.

The generous **\$10,000 donation** will go towards supporting isolated seniors in their homes by providing clients with technology, such as iPads to connect with family and friends through social media platforms and photo sharing applications. For more information on Home Instead feel free to visit their website at [www.homeinstead.ca](http://www.homeinstead.ca).



Leveraging Community  
Partnerships

## > CANES develops the 'Blue Swan Initiative'

The Blue Swan Initiative is a framework for thinking about the conditions under which innovation will most likely succeed and the activities to get us there. The Blue Swan Initiative is part of CANES and its Partners and is the new branding of our CANES Partners Playbook recognizing the "Headwinds" that our partners identified at our November 2023 Forum.

**System initiatives** *With community partners, Activating innovative plans to achieve New care services to meet demand. (S.W.A.N.)* In nature a swan represents poise, confidence, focus, adaptability, and special skills. By using this symbolism, we intend to develop the Blue Swan Initiative to gain new perspectives on emerging challenges and our potential solutions by Leveraging Community Partnerships, forming collaborative teams, prototyping new care services, then embedding and scaling these new initiatives to improve our health system.



What You  
Need to Know

Don't worry about writing it  
down, we've done it for you.

## > CANES is on Social Media! - Follow us today!

If you enjoyed reading this Newsletter, but want to read more of what CANES is up to throughout the year, you can follow us on many of our social media platforms, like Instagram. We feature weekly health topics with links to our **CANES blog** on our website as well as **Wisdom Wednesdays**, and our very popular **Fearless Fridays** where you can read inspiring stories that are guaranteed to enlighten the end of your week.

Once you see the **CANES** name, visit our page, and there you will find all sorts of event photos and plenty of news articles and safety tips on living more independently.

Not only are we on **Instagram**, we are on **X** (formally Twitter), **Facebook** and **YouTube** as well. Our 'X' address is: **@CANESCommunity**. Or just search **#CANESCares**.

When you see this icon,  
you'll know it's us. ▶



## Our Charity Golf Classic Fundraiser Tee's off on June 20th, 2024.



CANES will be hosting its 18th Annual Charity Golf Fundraiser at A new location this year at Woodington Lake Golf Club in Tottenham on **Thursday, June 20th**. Each year this tournament hosts up to 50 golfers who participate in a theme that is different each year. Our theme this year is **TRUE BLUE**. There are many positive and exciting new things happening at CANES this year and we're treating this years tournament as a way to recognize our **TRUE BLUE**. We are encouraging golfers to dress in as much blue as they can to represent our unwavering commitment; and extremely loyal **TRUE BLUE**. Prizes for best dressed! For more information on how to register or donate, visit our website at [www.CANES.on.ca](http://www.CANES.on.ca) or follow us Social Media **@CANESCommunity**



40  
years

Bringing Quality Care Home®

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Visit our website to download  
an electronic version of our  
Newsletter.

CANES Community Care is a not-for-profit organization providing excellent support services for seniors, to enable them to live in their community environment in safety and dignity.

### Privacy Statement:

CANES Community Care values your privacy, and the protection of your personal information is very important to us. We do not sell nor trade our mailing lists. For further information, or to have your name removed from our list, or place a complaint, please contact the CANES Privacy Officer at 416.743.3326 X 241 or by email at [information@canes.on.ca](mailto:information@canes.on.ca)

### CANES Community Care is an Equal Opportunity Employer

CANES Community Care will make every effort to accommodate any needs of candidates under the Human Rights Code and Accessibility for Ontarians with Disabilities Act (AODA). Please inform us if you require any accommodations.

