Seniors Home Health Program (SHHP)

The SHHP is a primary health care home visiting program for frail, homebound seniors. The goal of SHHP is to support clients to maintain their quality of life for as long possible within their own home.

Eligibility Criteria:
- Age 55+, living in the catchment area—Bloor Street to Hwy 401 and Bathurst Street to Bayview Avenue
- Homebound—difficultly accessing health care in the community due to physical and/or mental health diagnoses

What you can expect:
- Initial assessment by a registered nurse
- Access to a family physician
- Access to the SHHP Team as required
- Home visits Monday to Friday from 9am to 5pm
- Access to an on-call physician after hours and on weekends

SHHP consists of an interdisciplinary primary health care team including: doctors, nurse practitioners, registered nurse, occupational therapist, registered dietitian and chiropodist. Please turn the page to learn more about Jeanne and Alison, two members of the SHHP team.

Furthermore, AJHS has a program called SAGE( Seniors Achieving Greater Esteem) which promotes the health and well-being of frail and/or isolated seniors by encouraging social engagement and independence. Interested participants must undergo an assessment. Please call Monica Gordon at 416.486.8666 ext 228 for more information.
Members of the SHHP Team

Jeanne Salit
Occupational Therapist
Jeanne’s goal is to help clients maintain their maximum independence in their home safely, productively and continue to improve their quality of life from a physical and psychosocial perspective.
Fun Fact: When she’s not at work, Jeanne enjoys hanging out with her grandchildren.

Alison Murakami—Chiropodist
Alison’s main goal is to increase comfort in the feet with skin and nail care being a primary focus. She dedicates 1 day/week to see people in their homes. There is a huge social element to a home visit as most of the people are very isolated. The remainder of the week, Alison sees more well and mobile seniors and people in the barrier-free population at AJHS.
Fun fact: Alison was a strict vegetarian for 10 years, but for the last decade or so, has become the biggest carnivore. Her favorite food is a barbequed steak, or ribs!

Sophia Daley—Physiotherapist, Dip.PT, BSc PT (Hons), MCPA
Sophia Daley is a Registered Physical Therapist with the College of Physiotherapists of Ontario and is also a member of the Canadian Physiotherapy Association. Her background includes over 10 years of clinical experience working in an interprofessional team providing physical therapy assessments, treatments, discharge planning and education on an individual basis and in group settings to clients with musculoskeletal, neurological, cardiorespiratory and multisystem conditions. Clients have been seen in a general hospital setting, specialized rehabilitation setting, in private home settings and in Sports Medicine Clinics.
Fun fact: Sophia lives in Toronto and during her leisure time she enjoys going on nature walks with her two children. She also enjoys celebrating birthdays and has usually formed a staff birthday club at most of the places she has worked at.
**Client Comment Card Process**

**We are interested in hearing your feedback!**
The Anne Johnston Health Station completed its annual Client Satisfaction Survey in November 2014.

**We asked our clients the following question:**
*Are you aware of the Client Comment Card and/or the Complaints Policy?*

**In response:** Only 31.3% of individuals who participated in the Client Satisfaction Survey were aware of the Client Comment Card, while 68.8% were unaware of it. The Anne Johnston Health Station is committed to receiving and acting upon regular client feedback as part of a continuous quality improvement strategy. We value your feedback and want to ensure that as a community health centre we are meeting the needs of our clients.

**How & Where**
You can share your comments with us in the following ways:
1) Fill out a client comment card and place it in the mailbox located in the front entrance way.
2) Share comments or feedback by phone at (416) 486-8666 ext. 262.

**How are Comments Reviewed?**
Responses are reviewed by the Management team on a monthly basis. A summary of all comments and responses from the management team will be posted on the information board, which is located by the back entrance on the main floor. If you would like a copy of our Client Comment Policy, please speak to a member of our front desk team.

**Next Steps**
We would like to provide additional locations throughout the building where clients can leave their comment cards. We are interested in hearing from you as to where that might be! Please share your feedback using the process listed above.

Grow the Anne Johnston Health Station’s Bubble of Thought with your feedback
New Horizons for Seniors Program

Fifty Shades of Silver – Tips to Maintain Your Sexual Health
The Anne Johnston Health Station recently received one-year funding through the New Horizons for Seniors Program for a program titled, “Fifty Shades of Silver – Tips to Maintain Your Sexual Health.”

The goal of the program is to create a safe space for older adults to participate in discussions about healthy sexuality, increase access to education and information, and most importantly, to have fun! This program will also provide older adults with the opportunity to meet with, and hear from their peers, around an often taboo subject.

Program participants will also be invited to share their experiences around aging and sexuality through the medium of digital storytelling. This tool will be used to educate various groups - such as health care providers and other organizations that work with older adults - to increase awareness around this very important issue. The Anne Johnston Health Station would like to give a BIG thank-you to our Seniors Advisory Committee (SAC) and seniors from our community who identified the need for this program, and who will continue to play an integral role in ongoing planning and development.

For more information about this exciting program, please call Anne Crasto, Health Promoter, at (416) 486-8666 ext. 263.

Ontario Trillium Grant

AJHS has received approval from the Ontario Trillium Foundation for a 3 year grant that will support the development of a fully accessible volunteer hub at AJHS. The volunteer hub will provide our volunteers with access to computers, training, educational resources, and a dedicated space, all of which will enhance volunteer engagement by providing access to ongoing learning, skill development, and capacity building opportunities. Examples of new activities and initiatives that will be launched include:

- Development of online volunteer training modules, with the goal of minimizing barriers to barriers to participation and increasing our ability to recruit, engage, and train volunteers
- Participation and increasing our ability to recruit, engage, and train volunteers
- Regular volunteer training and education sessions
- Monthly peer support group for volunteer leaders
- Funding to support the implementation of an electronic volunteer records management system
- Enhanced 1:1 volunteer support, with an emphasis on supporting access and accommodation needs

This is a significant investment that will result in expanded integration of volunteer services across the organization, and serves as yet another example of how AJHS is moving forward with our vision of “Improving Lives. Building Healthy Communities.”
Program Highlights — Youth

Youth Advisory Committee
Join our youth volunteer team over pizza as you provide feedback on: new youth program ideas, marketing materials and outreach strategies. Participation equals change! Earn up to 15 hours.

Youth Ambassador Program
Attend a two day training that prepares you with the knowledge of how to represent the Anne Johnston Health Station. Help distribute flyers in the community and at school health displays. Raise awareness about our programs and services. Support the social media strategy. This ideas are yours to discover while furthering your leadership skills. Earn up to 20 hours.

Teens Cooking with BAM (Body and Mind)
Learn to cook quick and healthy meals. Discuss health topics of your choice and create displays, bulletin boards, brochures and other materials to educate your peers about healthy decision making, stress, relationships, body image, substance use, etc. This program has Peer Leadership opportunities for extra hours. Earn up to 15 hours.

High School Tours and School Workshops
Book a visit or a tour at our location or yours. Our staff team is available to facilitate workshops on a variety of health topics: stress management, anxiety and depression, sexual health and STI, healthy relationships and decision making.

Eligibility
Programs and services are confidential and free of charge for youth, ages 13-29, living, working, or going to school in the catchment area of Bloor Street to Highway 401 and Bayview Avenue to Bathurst Street.

For more information contact Beatrice Raposo at 416.486.8666 ext. 255 or beatricer@ajhs.ca

Please check our website for Fall 2015 events

Grade 8 Schools: Mental Health Series
Book a Health Promoter, nurse or other staff to facilitate a workshop related to curriculum needs. Topics include:
1) Transitioning to High School (what will it be like, what personal and social decisions students will encounter)
2) Decisions on Sexuality and STIs
3) Relationships and Conflict Resolution
4) Risky Behaviour (decisions on drinking, drugs, making healthy choices)
5) Coping with Stress (information about anxiety and depression, stress management techniques).
Program Highlights—Barrier Free

**Physical Activity Programming**
A physical activity program that encourages healthy and active living by incorporating adaptable aerobic, resistance training and stretching exercises for all abilities. For more information, please contact Monica, Attendant Care, at ext. 228.

**Barrier Free Advisory Committee**
A committee of volunteers with physical disabilities whose role is to provide a voice for issues affecting the disability community. For more information, please contact Anne, Health Promoter, at ext. 263.

**SexAbility**
This innovative program provides sexual health information to youth and adults with mobility disabilities through peer-to-peer education workshops, social events and resources. For more information, please contact Anne, Health Promoter, at ext. 263.

**Health Promotion Workshops**
Our health education workshops provide information on a variety of health and wellness issues. Check out the “What’s New” section of our website for more information about upcoming workshops. [www.ajhs.ca](http://www.ajhs.ca)

**Good Food Box**
A community-based food distribution system for those who would like to enjoy a nice variety of local fresh fruits and vegetables at an affordable price. Please call reception at (416) 486-8666 for more information.

**People on Wheels (POW)**
This is a peer led support group for people with Multiple Sclerosis who require the use of an assistive device. Interested participants must undergo an assessment. For more information, please contact Sasha, Health Promoter, at ext. 299.

**Women’s Disability Action Awareness Group in Toronto (WDAAG IT):**
This is a peer support group for women with physical disabilities guided by The Independent Living Philosophy. **WDAAG Movie Night** is an event hosted by members, for women with physical disabilities and their female allies to come together to watch a movie, followed by a discussion. For more information, please contact Lucy, Peer Support Coordinator, at ext. 226.

**Peer Support Program**
This program offers both peer matching and individual peer support to people with disabilities. This program supports individuals around specific issues identified by them, with the goal being to improve emotional health and reduce social isolation. For more information, please contact Lucy, Peer Support Coordinator, at ext. 226.

**Eligibility**
Programs and services are confidential and free of charge for people with physical disabilities living in the City of Toronto. Visit [www.ajhs.ca](http://www.ajhs.ca) for more information.
Program Highlights—Seniors

**Gentle Exercise**
This low impact class for seniors consists of muscle strengthening and flexibility exercises. Get fit, meet other seniors and have fun! Every Tuesday & Thursday from 10:30 am -11:15 am and Mondays from 9:45 am - 10:30 am. Interested participants must register prior to attending.

**Badminton Group**
This is a peer-led badminton group for seniors and runs every Saturday from 10:30 am -11:30 am.

**Mindfulness Meditation & Gentle Yoga Movement**
This 8 week program is designed specifically to practice mindfulness and yoga techniques in weekly 1.5 hour sessions.

**Current Affairs**
Keep up with current news events by engaging in stimulating and interactive discussion on current issues that affect our community, our country and the world. Every Wednesday from 10:00 am – 11:30 am.

**Health Promotion Workshops**
Workshops that provide information and education for seniors on a variety of health and wellness issues.

**Stitches of Love**
Knitters of all skill levels are welcome to come out and join this knitting group that meets from 11:30 am -1:00 pm on the 3rd and 4th Tuesday of every month. All knitted items are donated to local shelters in the community.

**Hispanic Seniors**
A health promotion program for Hispanic seniors from the community that promotes overall health and well-being through health education, physical activity, intellectual stimulation, community development and peer support.

**Seniors Advisory Committee (SAC)**
A committee of volunteer seniors whose role is to provide a voice for issues pertaining to seniors.

**Seniors Achieving Greater Esteem (SAGE)**
Promotes the health and well-being of frail and/or isolated seniors by encouraging social engagement and independence. Interested participants must undergo an assessment. Agency referrals preferred.

**Good Food Box**
A community based food distribution system for those who would like to enjoy a nice variety of local fresh fruits and vegetables at an affordable price.

**Eligibility**
Programs and services are confidential and free of charge for seniors, aged 55+, living in the catchment area of Bloor Street to Highway 401 and Bayview Avenue to Bathurst Street.

For more information or to register please contact Sasha at (416) 486-8666 ext. 299, sashaw@ajhs.ca
## Upcoming Programs & Workshops

### Barrier Free

**SexAbility Dine and Discuss**  
July 22nd & Sept 23rd  
5:30PM– 8PM

**SexAbility: Peer Facilitator Meetings**  
June 24th - 6PM – 8PM  
July 18th- 11:30AM – 2PM  
Sept 16th - 6PM - 8PM

### Fifty Shades of Silver

Stay tuned for upcoming dates for Senior Focus Groups, let’s discuss new programming together about “Fifty Shades of Silver – Tips to Maintain Your Sexual Health”

Contact for Anne Crasto for more information at annec@ajhs.ca or 416.486.8666 ext. 263

**WDAAG IT Movie Dates**  
June 12– Fault in our Stars  
September 11– Big Eyes  
5PM—8PM

### Seniors

Have you ever tried listening to music mindfully?

Take a moment to listen to music you never heard before.

Contemplate all that went into the making of the music. Notice the various instruments, timing, and notes. The countless hours of training, composing, performing and recording. It’s quite a special opportunity to be able to listen to musical art in this way. As you attentively listen, allow any thoughts and images associated with the music rise and fall through your awareness.

Look for upcoming mindfulness programs Fall 2015

### Mid-Toronto Diabetes Program

**Diabetes Management**  
Whether you are newly diagnosed or already managing with Type 2 Diabetes, this workshop is for you

Wed, June 3rd & 15, 2015  
9:00 AM – 12:00 PM  
(2 Sessions)  
OR  
Wed Aug. 5th & 12th  
Wed Sept 2nd & 9th

**Diabetes Prevention**  
Whether you are at risk, or know someone who is, join us to learn how to lower your risk of developing diabetes

Wed, July 22nd & Sept 16th, 2015  
9:00 AM– 12:00 pm

### Getting Active Workshop

You will receive the tools and information to understand the role of physical activity to help prevent and manage chronic disease.

June 25 - 1PM – 3PM

### Tai chi

July 30– 1pm– 3PM

### Setting & Meeting Your Health Goals

Canadian Certified Counsellor, Rhea Plosker, will give simple tools and approaches to go about changing behaviours for better health

September 24  1PM – 3PM

To register contact: Shoshanah at 416.486.8666 ext. 208

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AJHS’ General Annual Meeting is on  
June 16th at 4PM  
Come join us. New members welcome!

Volunteer Appreciation  
Tuesday July 14, 2015  
3PM to 5PM
AJHS’ 4th Annual Jane’s Walk

On Saturday May 2nd, 2015, The Anne Johnston Health Station held its’ 4th Annual Jane’s Walk. The Jane’s Walk is a free walking tour led by people who live, work and play in the neighbourhood. The aim of the walk was to get people thinking, talking, and connecting with their stories and vision of their city and places they care about. The event was a success! We had 36 walkers and fact sheets were provided asking community members questions to ponder while they joined along with us at their own leisure.

The Jane’s Walk is named after Jane Jacobs (1916-2006) a concerned citizen who spent most of her time observing city life, first in New York, then in Toronto. She was not an urban planner by training, but her observations helped her to develop theories about what made a city a great place to live. In her book *The Death and Life of Great American Cities*, Jacobs wrote: “Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody.” In 2006, after her death, her friends and colleagues wanted to honour her ideas and legacy and founded the Jane’s Walk.

The theme this year was “Is our Community Open to Everyone Who’s in it?” This event brings about the simple idea that the act of walking and talking create spaces for people to connect, share, and develop ideas about where their communities and cities are. This year we focused on various topics to raise awareness on: accessibility, safety, public spaces, green spaces, health & well being. Councillor Josh Matlow, (Ward 22 St. Paul's) was present to share some words about community engagement to launch our walk. Planning committee members from our Consumer Advisory Committees, also shared stories and comments about the event:

Jennifer: “In the spring and summer months, I like to go on walks through the community. I have explored my own, and I’ve also had the opportunity to explore many neighbourhoods in Toronto. I find it much more convenient to drive around using my chair; I see a lot more that way. Some businesses along the main streets, however, are inaccessible. They either have one or more steps, barring anyone with a physical disability from entering. One could argue that I don’t have to go into those establishments, but I don’t feel that that view is the correct.”
Sally: “Green spaces are important not just for removing CO2 from the air, but also for the health of the soul. A green space can help decrease your blood pressure, and increase your feeling of relaxation and well-being. There are various types of potential green spaces. On the way down the street you will see a parking lot on Castlefield that we have suggested could be put underground, leaving the surface for a parkette, playing field, or track, a place for kids to hang out, and play. They’ve done this at Harbourfront. With an estimated 20-30 thousand people moving into this 10 block area within the next 5-10 years, planning for enough green space is very important for keeping the area safe, vibrant, and livable.”

Adam: “Being engaged in the community may seem like a small thing but it makes a big difference in the work that we do at the Anne Johnston Health Station. Recently I assisted in erecting a display board and went with staff and other members of the accessibility committee to North Toronto Collegiate to educate the students about Jane’s Walk; after doing Jane’s Walk 2015, I received direct messages on Twitter from people in the community thanking us for doing the walk and they encouraged us to keep it up. That’s why engaging the community is so important, because it highlights the work that we do and it makes those around us more aware and passionate so they can keep it going.”

Anu: “I am a person with a disability and want to point out what barriers come up when construction takes place in our neighbourhoods. How many of you have found it difficult to get around construction zones? The construction zones on Yonge and Eglinton area is the reason why our regular Jane’s Walk route of 3 years had to be changed, normally we walk south on Yonge Street towards Eglinton, unfortunately the area presents hazards and safety concerns with unlevelled pavement, make shift sidewalk sections and narrow pathways, it can make it unsafe especially if you are a person using a mobility device or have low vision.”
AJHS’4th Annual Jane’s Questions

Jane’s Walk: Access in the City
A celebration of people and cities taking place all around the world on the first weekend of May, created in 2007 to honour Jane Jacob’s ideas and legacy: “Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody.”

ALONG THE WAY WHAT DO YOU NOTICE?
Doors & Entryways, Getting Around, Green Space...

1. How many businesses have one step up?
2. How many ramps do you see? Is the ramp easy to use?
3. How many automated door openings do you see?
4. Are these buttons well located and easy to reach?
5. Does the door open to make it accessible?
6. Have they accommodated accessibility issues around the construction in the neighbourhood?
7. How long do the traffic lights for crossing last (the countdown)?
8. Is it long enough?
9. Are curbs and other obstacles well marked for people who have low vision or are blind?
10. Is there enough space on the sidewalk for everyone to move around safely?
11. Are the sandwich boards/patios/store displays/fruit stands, etc. in the way and potentially dangerous?
12. Are there enough spots to sit and rest along the way? How about places to hang out?

Thank-you once again to all those who came out in making the 4th Annual Jane’s Walk a success and a big thank to the volunteers who helped put this all together!
The Anne Johnston Health Station is a not-for-profit community health centre providing a wide range of programs and services that promote the health and well-being of seniors, youth and people with physical disabilities in a fully accessible barrier free environment. Our services provide a holistic approach to health and include primary care, disease prevention and health promotion.

**Mission Statement:** The Anne Johnston Health Station is a community health centre committed to meeting the health needs of people with physical disabilities requiring an accessible barrier free environment, seniors and youth by providing access to interdisciplinary primary health care including health education, health promotion, advocacy and community development.

**Vision:** Improving Lives. Building Healthy Communities

2398 Yonge Street, Toronto ON M4P 2H4

Phone: 416. 486.8666

Website: www.ajhs.ca

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**Volunteer Satisfaction Survey**

In February and March 2015, AJHS conducted a Volunteer Satisfaction Survey to obtain feedback from our volunteers.

The goals of the survey were to:

- Ensure volunteers receive the appropriate orientation, while fostering an environment that is safe, supportive and encourages learning
- Understand the current satisfaction level of volunteers
- Identify areas of improvement to make volunteering more enjoyable and to retain volunteers.

A report is available in the main lobby summarizing survey methodology, findings, and recommendations for next steps.

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**What’s Next?**

Look for the Fall release of THE EXPRESS

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**Take a crack at these riddles!**

If you have me, you want to share me. If you share me, you haven’t got me. What am I?

What is at the end of a rainbow?

Which weighs more, a pound of feathers or a pound of bricks?

**Answers can be found on the 2nd floor on the information boards!**