



SCOC

A Community That Cares

Volunteers – Our Everyday Super Heroes

Each year, National Volunteer Week (NVW) pays tribute to the millions of Canadian volunteers who donate their time, talent and energy to help their communities. The 68th annual NVW was held the week of April 10 to 16. The theme: **Volunteers: Passion. Action. Impact.** celebrates the individual volunteer super-heroes across Canada who support their communities day after day.

SCOC has 135 active volunteers who support our programs and services throughout the year. On April 12, 2011, SCOC celebrated our very own "Everyday Super Heroes" at the annual Volunteer Recognition Night. 85 of our volunteers enjoyed a delicious dinner provided by our dietary staff, followed by guest speakers: Walter Friesen (SCOC Board Chair), Jonathan Emerson-Pierce (Chaplain), and Judith Seither, our MVS volunteer. After dinner, we enjoyed entertainment by singer Joe Fischer. Volunteers received an SCOC mug as a gift this year, and a Certificate of Appreciation for being an "Everyday Super Hero". Those volunteers who were unable to attend the dinner, can still pick up their gift from Pauline Campbell. We would like to say a big THANK YOU to all our wonderful volunteers who support our residents, programs and services with passion, action and impact. We could not do it without our extended family of dedicated volunteers. You are true **Super Heroes** in our eyes!



Pauline Campbell,
Resident Services
Manager

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Newsletter Team

Pauline Campbell
Rita Duarte
Margaret Friesen
Susan Gallant
Melody Humphries
Carolyn Murray
Dora Trujillo

Next Issue, September 2011

From the Editor . . .

Although I usually say fall is my favorite season, the awakening of the world around us in April and May, filling our eyes with varying shades of green, the fresh colours of spring blooms, and flowering trees — after the grey and drab of winter — probably tops that. Spring is nature's annual re-boot — everything refreshed and renewed. The cover photo, is of the grape hyacinths in my front yard, at this time of year.

With our 2nd issue of the SCOC newsletter, we celebrate our volunteers — the essence that keeps SCOC going — and the day-to-day life of this community. SCOC is run not only by its dedicated staff, but by a number of committees, made up largely of volunteers and/or residents. We again celebrate those who have enriched our lives. And, we look ahead to upcoming events that keep your lives busy.

Enjoy your read, and please remember to pass on your opinions and suggestions, ie. "My SCOC is. ."

In closing let me add, "My SCOC is — the residents who enjoy helping each other, making SCOC a better place."

Margaret Friesen

From the Executive Director's Desk: "Safety is the Key"

At last spring has sprung, the trees are budding, and flowers are blooming around SCOC. Springtime also brings our annual fire and safety training for our residents and staff. Over the past year, I have been working closely with the Toronto Fire Department in the development of the SCOC new Fire Plan.



As part of our fire safety procedures, each month we conduct fire drills for training purposes, and to ensure everyone is aware of their responsibilities in case of an emergency. In May, we will provide the annual fire training for staff, fire wardens and residents. Each participant will receive a fire training manual that will include building floor plans. Members of the Fire Committee have developed a sticker that will be placed on the back of each resident's door, indicating in point form, what to do in a fire situation. Stickers will be installed during our annual safety inspection of the apartments. New residents will receive a fire training manual when they move into SCOC.

We are very happy to have Quinton Neufeldt from Q Gardens & Landscaping, back as our landscaping contractor. Quinton is working with staff and residents on a two-year landscaping plan to ensure our grounds are well-maintained and attractive. We are also pleased to announce that the patios and privacy fences will be replaced in the townhouse area at the back of the building. Beautification of the outside of the building, as well as the common areas of the inside of the building, will be our focus this year. Our first project will be the replacement of the parquet flooring in the meeting room. A big thank you goes to the SCOC Foundation and our donors, for their generosity in making this renovation possible.

We are now preparing for the kick off of Accreditation 2012. For the first time, the Adult Day Program and Supportive Services will also be accredited; previously, it has only been our Long Term Care Facility. At SCOC, we are extremely proud of our dedicated and caring staff and the excellent service they provide to our residents. Participating in the accreditation process ensures that we continue to meet and exceed national standards of excellence and be the best place to work and live.

Wishing everyone a safe and happy summer!

Susan Gallant



Residents' Page

White Elephants Needed!!



The SCOC Residents' Council is pleased to announce its **3rd Annual White Elephant Sale, Saturday, June 4th, from 10 to 2 pm.** The Residents' Council, organizes two fund-raisers per year — the Peppermint Fair in November, and the lesser one, the White Elephant Sale (preferably in June) — raising funds for improvements around SCOC, as well as supporting various other events, and donations.

We are gathering up slightly used but unwanted "white elephants", ie, small household items, cooking utensils, china, electrical appliances, kick knacks, framed pictures, CD's, radios and CD players, table cloths and runners and pots for plants. **Please bring your donations to the Craft Room, before Friday, June 3rd.**

The **Sale**, will include a **Book Sale Table** and a **Silent Auction Table**. As well, we'll be selling **BBQ Food and Beverages** in our Tea Room.

The Council is raising funds in order to purchase new chairs for our public areas.

The Residents' Council has been a wonderfully active and contributing factor to the positive appeal of living at SCOC. Let's be proud of it!

Carolyn Murray,
Residents' Council

Seniors Centre Committee

Probably one of the best kept secrets at SCOC is the Seniors Centre Committee. Comprised of both Life Enrichment Community Members, and SCOC residents, this hard-working committee raises funds to assist with activities, trips and equipment for the Centre. One of the main fund-raisers is the Euchre/Bingo night which was held recently on May 6th — and as they say, a good time was had by all. In the past the committee has purchased, through their fund-raising efforts, awnings for outside events, contributed toward the furniture in the Meeting Room, subsidized trips, contributed toward Canada Day and subsidized the professional Smile Theatre group's performance *The Light in Winnie's Window*, at SCOC. This year the committee has plans to once again contribute to Canada

Day as well as subsidize two performances from Smile Theatre, one of which will be Anne of Green Gables.

The Committee may be a well-kept secret, but many of their contributions have benefited the centre — and are not such a secret.

By Melody Humphries



Euchre / Bingo Fund-Raising Evening

Tea With The Royals

Whilst tea parties abounded world wide, in celebration of Prince William and Kate Middleton's breathtaking nuptials on April 29th, SCOC celebrated in great style. Everyone was dressed to the nines! And oh the hats, and the most stylish fascinators — and a few waving at the royals!



Spring Has Sprung!



- ★ My SCOC is . . .
- ★ • I like living at SCOC because of the help and there are always activities to keep me busy.
 - ★ • The companionship, & friendships I've made
 - ★ • The tearoom and socializing with everyone.
 - ★ • I like the residents, the staff are the best.
 - ★ • It's convenient, and the friends I've made.

Getting Fit for Summer

with
Linda DeHaan
(DMC)



More Flowers . . . Outside!!



Remembering . . .

From the Nursing Home:
 Maria Mitskou, deceased, January 1st
 Kareen Clarke, January 3rd
 Lucy Dowling, January 15
 Al Gonsalves, March 19



Upcoming Events:

- Save the date!
- SCOC AGM, June 16, 7 pm
 - Meeting Room Floor being done, June 20-24.
 - Most programs cancelled!
 - Brunch Celebrating Seniors Month, June 21, 10:00am-1:00pm
 - Canada Day Barbecue, June 30, 12:00pm
 - Alzheimer Coffee Break, September 14
 - Thanksgiving Banquet, October 5



Volunteers have the Spirit!

We need volunteers for the following areas::

- Gift Shop & Tearoom
- Meals Assistant
- Fire Wardens (internal position)
- Buddy Card Checkers (internal position)
- Recreation Programs & Special Events

Indoor Plants

By Rita Duarte

St. Clair O'Connor Community (SCOC) is well-known for many good reasons, one of which is how welcoming our common areas look. Having indoor plants at SCOC is part of who we are, and how we connect to our roots.



Our indoor plants are cared for by 23 volunteers, each having their own level of involvement and expertise, that produces a wonderful result. The plant volunteers work mostly in a group, but also alone. Some of the tasks involve watering, fertilizing, cleaning of the plants, removing yellow leaves, and plant rotation.

Like anything else plants have their own life span. Occasionally, plants need to be replaced or re-potted if they become root-bound.

Indoor plants are of extreme importance in our environment. They not only beautify our surroundings, but clean and moisten the air, and also help reduce stress and promote active living.

Our indoor plant volunteers are: Anne Smits, Alice Johnson, Lina Braden, Mary Stalbrand, Jane Huggins, Peter and Edna Barg, Muriel Ford, Jean Tighe, Lynne Johnston, Marg and Otto Andres, Ortrud and Oscar Buchholz, Betty Wood, Arch Dysart, Gloria Breen, Isabel Montgomery, Robert Schilk, Rita Duarte, Harriet Dick, Frances Moshenko and Carolyn Murray



Gift Shop & Tea Room:

Store Hours: Mon,-Sat, 10am - 4pm; Sun, 2pm to 4pm