

## SAHRA Information – June 28, 2015

### Canada Day Picnic invite from Joe Oliver

Dear Friends,

It is with great pleasure that I invite you and your family to join me on July 1st to celebrate our annual Canada Day picnic. The event is free for all to attend! Activities for kids will include an interactive and fun Let's Do Science program organized by students from Ryerson as well as entertainment provided by magician Super Sarah. Lunch will be served, including pizza, ice-cream, fruit, soft drinks and kosher options.

Our picnic is an occasion for all Canadians to pay tribute to our contributions, rich diversity, and deep respect for human rights. It is an opportunity to acknowledge Canada's role in welcoming all of those who have come here to build a better life and future.

The event will take place at Marshall McLuhan Catholic Secondary School, and we will have access to the school's playing field, parking lot, cafeteria, and washrooms.

We will hold the picnic - rain or shine! So come out a Celebrate Canada Day with us!

CANADA DAY WEDNESDAY JULY 1, 2015

Time: 12PM—2PM

Location: Marshall McLuhan Catholic Secondary School 1107 Avenue Road, Toronto, Ontario

For more information and to [register](#), visit: [joeoliver.ca/canada\\_day](http://joeoliver.ca/canada_day)

### Senior Resource/Support Information

Information on some resource/support groups or information sites that might be helpful to our seniors or adult children supporting their parents.

#### Better Living, Health and Community Services

The Better Living, Health and Community Services organization is located at 1 Overland Drive Toronto, On M3C 2C3 [www.betterlivinghealth.org](http://www.betterlivinghealth.org). This umbrella organization provides a variety of services for seniors and people with disabilities.

#### Better Living - Four Seasons Connections

This group is part of the Better Living, Health and Community Services organization, located at 1 Overland Drive Toronto, On M3C 2C3 [www.betterlivinghealth.org](http://www.betterlivinghealth.org). This umbrella organization provides a variety of services for seniors and people with disabilities. Four Seasons Connections is one of them and it provides assistance with work around the house, snow removal in winter, gardening and lawn cutting in summer, handyman services, etc. They can be reached at 416-447-5074 or through the Better Living internet address above.

#### Advocacy Centre

This group provides free legal assistance to seniors. They are expert lawyers in many areas but particularly in health related matters. This site has a tremendous amount of information that seniors would find helpful.

<http://www.advocacycentreelderly.org/>

#### Government Health Information

A major government site for information on a variety of health and living topics.

<http://www.health.gov.on.ca/en/public/programs/ltc/default.aspx>

### **Long Term Care facility information**

This link goes to a government site that lists all of the LTC facilities and allows you to look up the inspections records for each LTC facility.

<http://publicreporting.ltchomes.net/en-ca/default.aspx>

This is a government directory to LTC homes in Central Toronto. Most homes now have internet sites with virtual tours of the facility

<http://healthcareathome.ca/torontocentral/en/care/Pages/LTCH-Directory.aspx>

### **Healthy Homes tax credit**

This link is to the program that gives a tax credit for some of the work a senior might have done in the home to make it more liveable.

<http://www.ontario.ca/seniors/healthy-homes-renovation-tax-credit>

### **Device Assistance Program**

This is the link to the provincial government Device Assistance program (i.e. wheelchairs/walkers).

<http://www.health.gov.on.ca/en/public/programs/adp/>

### **Back Flow Water Valve Subsidy**

This link is to a government program that provides financial assistance for flood proofing your home (i.e. back flow water valve).

<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=30ee7c6a9967f310VgnVCM10000071d60f89RCRD&vgnnextchannel=f041ffa6ee33f310VgnVCM10000071d60f89RCRD>