

# WINTER UPDATE

*News from the West Neighbourhood House Older Adult Centre*



## Happy New Year from all of us at West NH. Here's to a great 2020!

We hope your festive season has been as wonderful as ours! The music performances at the **Seniors' Ball** brought the house down and our **Winter Bazaar** raised an incredible \$3,500 to go back into our programs. We hope to see everyone next at the **members' birthday party** from 1:30 - 3 p.m. on Jan. 17. Enjoy this news from our community!

WHAT'S  
INSIDE

GET TO KNOW OUR  
ADULT DAY SERVICES  
PROGRAM

WINTER SAFETY

A NEW ECO-FRIENDLY  
CRAFT PROJECT:  
UPCYCLING

PLEASE GIVE TO OUR  
ANNUAL APPEAL

# GET TO KNOW ADULT DAY SERVICES

*A caring space that helps adults maintain their independence*



*Arts activities are a regular part of the enrichment offered at Adult Day Services.*

The Adult Day Services program provides a caring, safe and culturally diverse space for adults with physical or cognitive impairments and adults at risk of social isolation. The program provides loved ones with the opportunity to take a break from their caregiving duties and take much-needed time for themselves — whether that's for work, medical appointments, family and friends, or leisure activities. In a friendly, secure environment, participants in the program get to have fun and make friends and participate in activities that exercise the body and mind. The program includes meals and assistance with medication and personal care. Transportation is available in our cachment area. There is a fee for service. Subsidies are available.

## Example activities

- Chair yoga
- Gentle exercise
- Brain fitness
- Cooking and baking
- Music and dance
- Arts and crafts
- Pet therapy
- Summer outings:  
Greenhouse, park, Ward's  
Island, coffee shops, malls  
and more

## Hours

Mon-Weds, Thurs-Fri: 8 a.m. - 6 p.m.

Tuesday: 8 a.m. - 8 p.m.

Saturday: 9 a.m. - 5 p.m.

Some spots available!

Call intake at **416-532-4828 ext. 146**



# REDUCE WASTE AND MAKE SOMETHING BEAUTIFUL

*Join us for a new craft activity:  
Upcycling!*

**The Upcycling Initiative** is new partnership from Seniors' Community Development at West NH and the School for Social Entrepreneurs.

Upcycling is the art of taking an object that is considered waste and transforming it for a new purpose. The upcycled item becomes something more functional and beautiful than it was before. Come learn how small changes can make a big difference in the amount of waste we produce!



*Hand-sewn reusable bags  
make a great upcycled gift!*

## Try it yourself!

Program Room,  
248 Ossington Ave.

January 9, 16 & 30

1:30 - 3 p.m.

Drop in and try sewing an  
upcycled item of your own!

# WINTER SAFETY GUIDE

*How you can stay healthy and safe this season*

**Keep informed:** Check the weather report before you go outside

**Dress for winter weather:** Frostbite can happen in less than a minute. Cover as much exposed skin as possible

**Stay visible:** Wear bright-coloured clothing in snowy weather

**Keep warm:** Stay dry and dress in layers that can be easily removed

**Walk safe:** Winter boots should be comfortable with a wide and low heel

**Clear your path:** keep your home walkways free of ice and snow

**Plan your route:** know the heated buildings in your neighbourhood i.e. library, malls, etc.

**Stay active and safe:** Watch out for hazards

**For emergency shelter call:** 311 or 1-877-338-3398

**Call 911 in case of emergency**



## Be emergency ready: Make a 72-hour emergency kit

- 3L bottled water per person per day
- Canned foods, manual can opener
- Flashlights, batteries
- First aid kit
- Extra keys
- Cash
- Important documents sealed in waterproof bag
- Sanitation supplies and basic toiletries
- Blankets or sleeping bags

Call **311**

[toronto.ca/health](https://toronto.ca/health) |  **TORONTO** Public Health



**PLEASE DONATE TO OUR 2019 ANNUAL APPEAL**

[WESTNH.ORG/DONATE](https://westnh.org/donate)  
(416) 532-4828

## PLEASE GIVE TO OUR ANNUAL APPEAL

To continue our work promoting personal and social change with seniors and our whole community, we need your support. If you can, please fill out and return the enclosed donation form.



## Snow clearing

- The City of Toronto clears busy sidewalks when the snow has stopped and has reached at least 2 cm (1 inch) deep, and less busy sidewalks when the snow has stopped and has reached at least 8 cm (3 inches) deep. This can take up to 72 hours.
- **If your sidewalk clearing is late, call 311** to schedule a crew to clear it.
- The city does not clear some sidewalks on narrower and older streets, except for people who are **65+** or **have a disability**, and have **no one living at home who can help clear snow**.
- To apply for this free service, download an application form from the city website and submit it along with the required documentation.
- For more information or help with an application, contact senior's intake at **(416) 532-7586 ext. 176** or city transportation at **(416) 392-7768** (press 4 for snow removal).