



The Beacon

Fall is here, with so much to do, so many places to go, and so little time...

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A Board retreat was held on Saturday May 12th, the main topics of discussion being the Board Governance Model and the Annual Work Plan. By all accounts it was a very successful retreat, generating good discussions and follow up work. The retreat was facilitated by Tom Little, the author of "Big Ideas for Non-Profit Boards." (continued on page 2)

In Memoriam

Shawn
Gallaher

1968 - 2012

Mission Statement

To Create Opportunities For Independence And Choice of Lifestyle by Providing Innovative 24-Hour Personal Support Services for Individuals with Physical Disabilities.

Volunteer Board of Directors

President: Friar Peter Knaapen
Vice President: Frances MacNeil-Lafamme
Treasurer: Anna Marziliano
Secretary: David Meadows

Members at Large

Christie Ladner, Gaurav Marwaha, Neil Mercer, Christene Rowntree, Andrew Tomcik

Executive Director

Yona Frishman

**LETTER FROM THE PRESIDENT:
Board Nominations and AGM 2012**

September 21, 2012

Dear Member:

The Annual General Meeting of Members of the Corporation (AGM) will be held on Wednesday November 28, 2012.

(continued on page 2)

Coming in October! Keep an eye out for the 2012 "Keep On Swimming" Fund Raising Campaign and video!

TOBIAS NEWS continued

 Our second Personal Support Worker (PSW) Training course has wound down. The last class was held on Sept. 20th, and carrying on with our new tradition, a Graduation Celebration and Employee Event is planned for October 26th. Congratulations to our newest graduates: Tobias employees Anthony Castaneda, Todd Dillon, Tammy Kenward, Chris Meurs, Orenda Rabena, Jamie Richard, Mark Sese, Chris Walker, and Mahmoud Yagoot, as well as staff from Access Ind. Living Services, CILT, The Gage, and Three Trilliums.

 Bill 46 - Excellent Care for All Act (ECFAA) was introduced. The two major goals of this legislation are: Improve Consumer Care, and Enhance the Consumer Experience. However, every time there is new legislation there is a list of expectations attached to it. The first activity undertaken by Tobias House to comply with this legislation was to train all staff

(continued from page 1)

The Nomination Committee of the Board is currently identifying individuals who would be interested in being nominated at the AGM to become Directors of the Corporation. Directors, amongst other duties, are responsible for the good governance, the financial viability, and the overseeing of the management of the Corporation, all in accordance with the Letters Patent, the By-Laws, rules and policies of the Corporation, and the terms and provisions of applicable legislation.

If you or somebody you know, may be interested in being nominated, please advise the Committee, in writing. The letter must be addressed to the Nomination Committee and signed by at least three (3) Members of the Corporation, in good standing (excluding the nominee). Additionally, please provide a written declaration signed by the nominee that he/she (i) meets the criteria to be a Director (see following); and, (ii) will serve as a Director in accordance with the By-Laws, if so elected.

Please address all nomination letters to: ***Nomination Committee c/o Tobias House Attendant Care Inc. 695 Coxwell Avenue, Suite 611 Toronto, ON M4C 5R6***

Yours truly,



Fr. Peter Knaapen

Criteria for Directors

Every Director shall: be at least eighteen (18) years of age; And not be an Excluded Person.

“Excluded Person” means: any employee or staff member of the Corporation, except the Executive Director; and any spouse (including common law or same sex spouse), dependent child, parent, brother or sister of a person listed in (i) above.





FINO

In celebration of **Tobias House's 20th Anniversary**, we are looking for pictures and objects representing the last two decades of life at TH, to be included in a special display at the AGM on November 28. All photos and items will be returned. Please contact Anthony Castaneda at fundraising@tobiashouse.ca, or call 416-690-3185 x236. Thank you.

(management and frontline). All future activities associated with this legislation will be reported in following issues.



I am pleased to report that Tobias House received a Certificate of Achievement from Community Care Information Management (CCIM) for successfully completing the interRAI Community Health Assessment (interRAI CHA) and Integrated Assessment Record (IAR) implementation. This is an assessment tool chosen by the Ministry of Health and Long Term Care and the project's Advisory Committee to be used by **ALL** health care providers in an attempt to streamline the assessment process and standardize current practices across the Province.

The Tobias House Resource Centre

The Tobias House Resource Centre provides programs and services that support people's independence and complement the attendant care support they receive. We work with individuals so they can find solutions to the barriers they face in their daily lives. Programs we currently offer:

The **Barrier Free Access to Swimming Program** provides attendant care support (Tobias House staff) to people with physical disabilities at four City of Toronto public pools. Support in the water is provided by Parks, Forestry and Recreation, the Birchmount Bluffs Neighborhood Centre, and the Scadding Court Community Centre. The program is offered in the fall, winter, and spring.

The **Tobias House Fitness Program** provides one hour fitness classes weekly to consumers during selected periods throughout the year.

The **Tobias House Consumer Grant Fund** enables consumers to cover costs associated with accessing a wider range of extra-curricular activities, equipment and other quality of life expenses.

Our **Volunteer Program** matches consumers with volunteers on a one on one basis. Currently, we have five consumer-volunteer matches.

We also host workshops and information sessions. In the past we held sessions including on Ombudsman Ontario, financial planning, accessible reading technologies and accessible travel. If you have any ideas please let us know.

For more information on Resource Centre programs, activities and services contact us at 416-690-8804, or at constantine.iliopoulos@tobiashouse.ca.

Tobias Faces



**“Life is a great big canvas,
and you should throw all the
paint on it you can.”**
- Danny Kaye, actor

Clarence and Julie Merrigan

The Olympics and Paralympics in London this summer had most of us at Tobias in awe at the athletes' dedication and drive to reach the top of their sports. We needn't have looked very far for dedication. Three times a week, for years now, Clarence and Julie Merrigan have risen at 4 a.m. to catch their ride to Variety Village in Scarborough to work out in the gym, coming home later in the afternoon. These two are hardcore.

The Merrigans have been consumers at Carlton for a year and a half. Married for eight years, but friends for thirty-one, they met at a group home in Markham where Clarence was a resident, and Julie was a regular guest. Her parents would drop her off whenever they had to be out of town. When Julie finally moved out of the house at 18, Clarence became her protector of sorts. The strong, soft-spoken type, he's proud of his strength. He's a retired competitive body-builder, and used to travel quite a bit for competitions, as

far away as Texas. He was even featured in MuscleMag in 1994. For her own part, Julie was never much of an athlete until she met Clarence. He encouraged her to get active, and now she works out along side him.

A typical day at the gym for them includes swimming laps - many, many laps - and weights, mostly free weights, but also machines, using adaptive equipment such as specially-designed straps to make it safer. They also enjoy playing bocce, and use a custom-made ramp (pictured) to help them aim the balls. And they're good at it, with many trophies and medals, in all their different sports, to show for it.

But it isn't so much the desire to win that drives them, as it is the sheer enjoyment of life. "Do the best you can," Clarence says. "Find something you enjoy, and do it." To which Julie adds, "Teach others. Help them learn how to enjoy life." It's a philosophy this active couple clearly live every day.

Mark David Sese

Mark moved with his family to Canada from the Philippines five years ago. Like many people from tropical climates, he hates Canadian winters. He also misses his friends and family back home. But aside from that, there's not a lot that he dislikes about his new country.

He likes that there's more opportunity here, and is particularly impressed with our health care system. With a background in nursing - he has RPN qualifications - that's important to him. As a taxpayer, he's pleasantly amazed at how peo

ple with disabilities are funded and cared for here.

Mark works at the Coxwell location, and is currently in the PSW program sponsored by Tobias House. He hopes to eventually upgrade his nursing qualifications, probably at George Brown College, so that he can practice as an RN in Canada. But he enjoys what he's doing right now. "I'm very passionate about the feelings of the consumers. I always put myself in their position, so I know what kind of service I'm giving them."

A Trip To Pittsburgh – by Tien Hoang

July 28 to August 3 was one of the best weeks of my life: I went to Pittsburgh, Pennsylvania, for the biannual conference of ISAAC International, the organization for Augmentative and Alternative Communications. I was asked to represent Canada as a Council member by Tracy Sheppard, president of ISAAC Canada.

I was really excited about attending, and started planning for the trip months ahead. I had to find an escort, and money to pay for them, and then I figured I would drive there because flight tickets are so expensive. Luckily, I was able to hire an attendant and rent an accessible van just a week before the trip! I also applied for and received a travel grant from the **Tobias House Resource Centre's Consumer Grant Fund**.

We left for Pittsburgh at 10am on Saturday. It was a seven hour drive.

At the Council meeting, I got to give Canada's update. I told them about last year's Kilometres for Communications event. I was excited and nervous speaking before so many different people. They were from from India, Taiwan, Korea, Brazil, South Africa, the United States,

and all over Europe.

The next day, we toured an exhibition of AAC device vendors and attended a few sessions. One was with a Korean woman who had CP and a speech impairment. She told us about her life, her journey to become a professor of technology at her university, and how it is like to be a mother of two while working and having a disability. I was inspired by her because she showed me that I can be successful in doing what I want to do, even being a parent.

On Tuesday and Wednesday, more sessions, some sightseeing, and the conference party! Thursday was the last day. At the closing ceremony, the co-chairman, who is an AAC user, sang with his device. I loved it! Then they announced where the next ISAAC Conference will be: Lisbon, Portugal! I can't wait! It looks like a gorgeous city.

Overall, I had such a good week in Pittsburgh! I got to meet many different people, learn new things, and make a name for myself in a big organization. It was also the first time I organized my own trip! I am so proud of myself!



Sean Ross Memorial Cup 2012

On a very hot Saturday afternoon, August 25th, twenty-five Power Wheelchair hockey players suited up to play a friendly game, organized by myself, in memory of a great sportsman and friend: Sean Ross, former consumer at the Jarvis location, who passed away in February 2011. After a hard fought battle the Wolfs edged

the Eagles 3-2 for the honor of being first recipients of the Sean Ross Cup! Over \$800 was raised for Muscular Dystrophy Canada. We would like to thank our sponsor, Loblaw's Maple Leaf Gardens. - **Neil Mercer**

Healthy Living

Tobias House Fitness: No Excuses!

It's a phrase you hear over and over again in the class. "No excuses!" The music goes up, and things really get going. Before long, several large Swiss exercise balls are flying through the air. It's just another Saturday morning at the Tobias House Fitness Program.

Now in its 4th year, and supported by the **Tobias House Resource Centre's Keep On Swimming Fund Raising Campaign**, the program began in response to a lack of fitness classes for special populations. Instructor Karen Kyle, a Tobias employee, is also a full-time trainer. She sees limited access as a huge impediment to fitness for consumers. But with the TH program, "there are no excuses. All you have to do is come out of your apartment." Currently, the one-hour classes are held only at the Coxwell location.

With as many as eight participants, Karen likes to read the mood of the class and tailor the exercises to their needs and abilities. "Sometimes everyone comes in and they're exhausted. So you're not going to push them. Today, they were ready to go." Exercises can



Benefits of an exercise program

Exercise will develop an improved cardiovascular profile, including lowering resting and exercise heart rate, blood pressure, and stress on the heart.

Regular activity will develop good skill level in balance, agility, power and self esteem.

Exercise improves posture and alignment and improves the ability to perform existing skills.



You have a reduced risk of injury associated with daily living and recreational activities. Exercise promotes an overall feeling of well being, freedom and quality of life.

Karen Kyle, DisabilityFitness.com

involve the Swiss ball, hand weights, cardio, stretching, and lots of upper body work. But sometimes Karen likes to just crank up the music and have a dance party. It's all about getting people moving.

Fall classes will be offered for **12 Wednesdays** on the following dates:

- September 19, 26
- October 3, 10, 17, 24, 31
- November 7, 14, 21
- December 5, 12

6:30 pm, Coxwell Recreation Room,
695 Coxwell Ave., 6th Floor
Classes are FREE!

For information, or to sign up, contact **Constantine** at the **Tobias House Resource Centre**, 416-690-8804.



Beacon Recipe

Sweet Potato Fries with Curry Mayonnaise

For maximum food value, choose sweet potatoes with a deep orange colour. One medium sweet potato provides more than 100 per cent of the recommended daily allowance (RDA) for vitamin A, about 33 per cent RDA for vitamin C, 20 per cent RDA for vitamin B6, 400 mg of potassium, and is a good source of fibre.

Ingredients

4 sweet potatoes
 2 egg whites
 1 tbsp vegetable oil
 1 tsp ground cumin
 1 tsp ground paprika
 1/2 tsp salt
 1/2 tsp ground pepper
 1/2 cup light mayonnaise
 1 tsp lime juice
 1/4 tsp curry paste

from CanadianLiving.com

Preparation

Peel potatoes; trim ends and sides to create rectangles. Cut lengthwise into 1/2-inch (1 cm) thick slices; cut each lengthwise into 1/2 -inch (1 cm) wide strips.

In large bowl, whisk egg whites until frothy. Whisk in oil, cumin, paprika, salt and pepper. Add potatoes, tossing to coat. Spread on 2 parchment paper-lined rimmed baking sheets.

Bake in top and bottom thirds of 425°F (220°C) oven for 30 to 35 minutes, rotating and switching pans halfway through, until tender and edges are browned and crisp.

Curry Mayonnaise

Meanwhile, in a small bowl, whisk together mayonnaise, lime juice, and curry paste. Serve with potatoes. Makes 4 to 6 servings.

DID YOU KNOW?

- The sweet potato was domesticated more than 5000 years ago, in South America.
- Members of Columbus' 1492 expedition were the first Europeans to eat sweet potatoes.
- 80% of the world's sweet potatoes come from China. Nevertheless, Vardaman Mississippi calls itself the Sweet Potato Capital of the World.
- Sweet potatoes are often confused with yams, but they're not even related. Real yams are starchy tuberous roots grown in Africa and Asia that can grow up to 120 pounds in weight.

**TOBIAS HOUSE ATTENDANT
CARE INC.**

**Tobias House III (460 Jarvis
Street)**

**Tobias House Resource Centre
(695 Coxwell Avenue)**

**Tobias House is filled with
opportunities for everyone:**

**For Volunteering opportunities,
Membership, Donations or
Special Events please contact
Constantine @ (416) 690-8804**

**For Job opportunities, contact
Andrew Jardine @ (416) 690-
3185 x 221**

**Visit our website at
www.tobiashouse.ca**

**Tobias House Attendant Care Inc.
611—695 Coxwell Avenue,
Toronto ON M4C 5R6**

Thank You

On behalf of Tobias House Attendant Care Inc. and our consumers we would like to thank the donors listed below for their contributions:

Ministry of Health & Long Term Care
Community Service Partnerships, City of Toronto

Friends (Up to \$249): Joseph and Bea Attard, Salvatore J. Badali, Anita Baker, Aaron Bennett, Bonnie Beverley, Kenneth Bona, Brenda Boyd, Anne Bukovinsky, Susan Cavanagh, Mary Cockburn, Katherine Corner, Gloria Corrigan, Douglas Crosby, Judy Denheyer, Dave Dean, Silvestre and Monica De Melo, Eileen Donnelly-Casey, Ahren Estabrooks, Fr. Peter Knaapen, The Magnes Group Inc., Matthews Dinsdale Clark LLP, John M. McCarthy, Dave Meadows, Govind Menon, Margaret Newell, David and Sandra Nuttall, Lino Sienna, Jon Wagner, Fran Wise, Janet Yukish

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Patrons (\$5,000+): Robert Blakely, Greenfield Ethanol Inc.

We would also like to thank the family and friends of Alfred Cockburn for their donations *in memoriam*.

Help Support Independent Living – Give A Donation Today!



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Donation Amount: _____ General Donation Keep on Swimming Campaign

____ Please check here if you would like \$10 of your donation to be used to purchase or renew your annual membership

