



CONNECTIONS



YOUR SPRING 2023 COMMUNITY UPDATE

St. Anne's Place provides the active social life Connie needs

Living with arthritis and memory loss are two significant challenges for Connie, a 80 year old resident at LOFT's St. Anne's Place.

Connie's memory loss began after a medical procedure, and the impact has been severe. She can't remember much of her earlier life, and her children say that it has also changed her personality. With limited mobility, Connie uses an automatic wheelchair and relies on the support she receives from LOFT. St. Anne's Place provides specialized assisted living support to vulnerable older adults with complex needs, and staff assist Connie by making her bed, doing her laundry, and helping with her personal care.

Connie doesn't let her disabilities stop her. Instead, she focuses on everything she can do. Living at St. Anne's Place gives her the perfect opportunity to socialize and participate in her favourite activities.

"Living at LOFT is wonderful. Staff here do anything for me. They have activities, they help with laundry and daily chores. There's not a better place to live. I'm glad to have found LOFT."

When she's on her own, Connie loves to read history and current events, or play word games. She's been able to come out of her shell since living at St. Anne's, chatting with residents and participating in community activities like exercise



programs, concerts, and more. In addition to giving her the chance to engage with others, these activities enhance her muscle movement and improve her brain health as she works to recall forgotten memories.

Above all, Connie loves living at LOFT thanks to the pleasant atmosphere. She says that the staff always work with smiles on their faces. ☺

"Living at LOFT is wonderful. There's not a better place to live."



When community starts in the kitchen

Every day is different for Berely, the kitchen supervisor at LOFT's John Gibson House. John Gibson House provides specialized supportive housing and personalized care to vulnerable older adults with complex needs.

Berely uses her creativity and planning skills to ensure that 130 nutritious meals are prepared daily for residents at John Gibson House and other LOFT programs. She is kept on her toes, watching out for dietary restrictions, ensuring proper food labeling, and coordinating deliveries.

Berely has also been trying to manage recent food price increases in a variety of ways. This includes using what's already in stock, cooking only what's needed, buying seasonal produce, and searching for lower prices.

Her team consists of staff and volunteers who help to prep the food. "It gets busy in the kitchen, so it's really helpful to have volunteers."

Aside from daily routines, special occasions call for detailed planning that starts a month beforehand. Everyone at John Gibson House is invited to events like summer barbecues and holiday celebrations, and everyone knows to expect some great meals.

After fifteen years at LOFT, Berely feels that she's honed the skill of being more in tune with people. "During the pandemic, clients didn't have anyone who could visit them. I saw how this affected residents, so I've learned how important it is to check up on them."

She loves engaging with clients, providing them with the foods they like to eat.

"I find happiness in the residents. When they see me, they have big smiles on their faces."



"I enjoy doing what I do because every day is different. I find happiness in the residents. When they see me, they have big smiles on their faces."

When you can't find Berely in the kitchen, you might be able to find her pursuing her love of travel, especially to her favourite place -- Cuba.

Berely's leadership will continue to warm the hearts – and stomachs – of many in the upcoming year. 🍷

ANNOUNCEMENTS

This year we will be holding our Annual General Meeting (AGM) in September 2023.

If you have any questions, please email fundraising@loftcs.org or call 416-979-1994 ext. 2033#.

Spring update from Heather McDonald, CEO



Crosslinks Housing and Support Services – Shoreham Hub

HAPPY NEW YEAR TO OUR LOFT COMMUNITY!

During the holidays, I had the opportunity to spend time with staff and clients during festivities across our organization. I loved celebrating with everyone. It was a reminder of just how special the LOFT community is.

2022 was another year of growth at LOFT. We now have a staff of over 900 working

across the GTA and Simcoe Region. As we continue to evolve, we want to focus on creating more opportunities for our staff and board members to connect and learn about various programs across the organization. Last year, LOFT began hosting events where our staff were able to visit different locations, meet colleagues, and learn more about programs outside of their own.

This year, we will continue hold event tours in other locations. Our doors are open to anyone who wishes to learn more. Please call us at 416-979-1994 to book a tour.

In 2022, we were able to expand our services and support more people in need. This was possible because of the work of our incredible staff, volunteers, partners, and supporters. Looking ahead, I'm hopeful for what's to come and what we can do together. 🍀



Wilkinson Housing and Support Services – Sherbourne



Downtown Toronto administrative office

"Looking ahead,
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Volunteer groups from Dialogue and architects-Alliance provided hundreds of personal care kits during the holidays. Program staff combined these kits with other items as holiday gifts for clients.

Working together to help those most affected by the affordability crisis

The most vulnerable in our community are facing challenges with rising costs, a housing crisis, and increasing mental health struggles. To respond to unmet needs, LOFT has been working with partners, supporters, and volunteers. These generous people have provided integral assistance to LOFT across the organization. This includes:

- Providing expertise and skills through our board, committees, and programs
- Packaging hundreds of personal care kits for our clients during the holidays
- Donating winter clothing and financial gifts

Thank you to all our volunteers and groups who gave their time and resources to support the most vulnerable in our community. ©

Give back to the community



We are incredibly grateful for the support we received at the end of 2022, but we have needs throughout the whole year. There are many ways you can support LOFT and have a tangible impact, including:

- Financial gifts
- Donating personal care items such as shampoo or bed sheets
- Group fundraisers
- Volunteering
- Estate giving

Every day, community members and donors help provide food, housing and mental health supports to the thousands of youth, adults, and seniors we serve. Learn more at www.loftcs.org/how-you-can-help/



A gift to LOFT is a gift to empower your community.

Call: 416-979-1994 ext. # 2033 or visit: loftcs.org

LOFT

LOFT Community Services
15 Toronto Street, 9th Floor
Toronto, ON M5C 2E3