



ESS
Support
Services



Branching Out

Winter 2019

ESS Welcomes a new CEO



The Board of Directors of ESS Support Services is pleased to welcome Alison Coke to the position of Chief Executive Officer. Alison has a broad background in both not-for-profit agencies and government, where she has been successful in driving strategy and providing thoughtful leadership during periods of change. Please join us in welcoming Alison to ESS.

A Message from our CEO

ESS went through a number of major changes in 2018, not the least of which was the retirement of its long-serving and well-loved CEO, Dolores Ellerker. The continued excellence in the service and supports the agency provided throughout this period of change is a clear testament to her leadership. I will do my utmost to continue to guide the agency with the same passion and vision that Dolores brought.

2019 will also present challenges. Among others, along with the broader social and community support sector, adjustment to reductions in public sector funding may be anticipated. Unless we adjust, our ability to respond to the growing number of seniors in our communities, as well as finding ways to meet their increasingly complex needs, will be at risk.

While daunting, such circumstances can also present opportunities. The more uncertain the times, the greater the need to reach out to create innovative responses through partnerships. While continuing to make the most efficient use of our own resources, ESS will redouble its efforts to extend and diversify its reach through collaboration.

Connecting with others, who share our concern and commitment to seniors, will be critical. We will build on the excellent relationships ESS already enjoys, the strength of our staff team, our volunteers and supporters in the community. These are our greatest assets.

I have had the opportunity to meet with the staff from across the agency. They are an impressive group, highly skilled and dedicated to providing excellent client services. I look forward to getting to know them more deeply and to hearing their ideas and suggestions on how to grow and develop ESS.

I have also started to meet our exceptional volunteers. These friends are our most ardent advocates. Without their help, ESS' capacity would be much diminished. I know how fortunate ESS is to have so many, generous and talented volunteers and look forward to meeting more and benefiting from this critical perspective.

Finally, I want to tell you how grateful and honoured I am to have the opportunity to serve ESS and to support its mission to improve the quality of life for seniors.

- Alison Coke, Chief Executive Officer

**Connect with
us through:**



Announcements



New Collaboration with the Etobicoke Philharmonic Orchestra

ESS is pleased to announce an exciting new collaboration with the Etobicoke Philharmonic Orchestra. ESS, as a partner in Toronto Ride, will provide round-trip transportation for Etobicoke seniors at a special group rate to any of their concerts. If you are attending a concert and are interested in using this door to door service, please call ESS at 416-243-0127 ext 555. To see their upcoming concert schedule visit www.eporchestra.ca.



Community Yoga in support of ESS



During January and February 2019, ESS partnered up with Modo Yoga Etobicoke, a local yoga studio, to take part in their Karma Class program. Karma Classes are donation-based classes that raise funds for local and international not-for-profit organizations. These classes help Modo Yoga reach out, give back, and help support positive change. We are pleased to share that all of the profits from their weekly Karma Classes during these months will be donated to ESS. For more information about Modo Yoga Etobicoke, please visit their website: www.etobicoke.modoyoga.com.



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Announcements *continued...*



Our South Adult Day Services is getting a new garden

Last summer you helped us raise \$5,948.55 during Home Instead Senior Care Foundation's GIVE65 online fundraising campaign. The goal of our campaign was to raise enough funds to enhance the indoor and outdoor space at our Alderwood South Adult Day Services. With your help, we raised enough funds to re-landscape our back garden and convert it into a shaded and therapeutic space that clients can enjoy during the warmer months. Thank you to Home Instead Senior Care, Etobicoke for selecting ESS to participate in this GIVE65 initiative. Please stay tuned for further progress updates.

Programs & Services

ESS Transportation Service: Have peace-of-mind knowing your ride is taken care of

ESS provides safe, reliable and professional one-on-one and group transportation for older adults living in Etobicoke. We'll take you to and from social outings, medical appointments, grocery shopping, and more.

We offer:

- Round-trip group transport to social outings within the City of Toronto for a low flat rate.
- One-on-one transportation to medical appointments.
- Affordable fares based on distance.
- Door-to-door transportation.
- Safe, professional and friendly drivers.
- Clean and comfortable vehicles.
- Flexible service area and hours.
- Monthly billing.

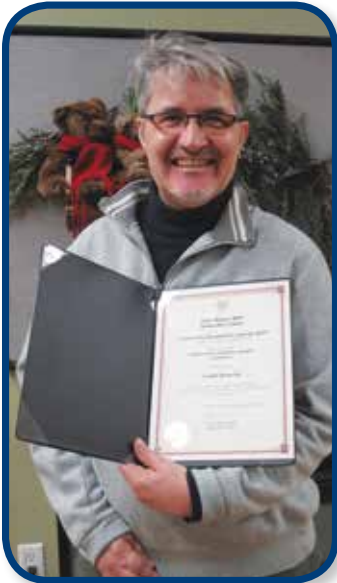
Are you part of an active club, congregation, seniors group or residence? Are you planning a group outing and require a ride? Give us a call! From more information or to schedule transportation, please call ESS at 416-243-0127 ext. 555. ESS is a proud member of Toronto Ride and is funded by iRide.



Volunteering

A fond farewell

The ESS team extends a special thank you to Alice and Patricia, who have recently retired from their Volunteer Driver position(s). Combined, Patricia and Alice have contributed nearly 40 years of one-on-one escorted transportation, accompanying ESS clients to medical appointments and/or social events. We know that their numerous reassurance telephone calls and car rides, have brightened clients' days and have made a difference in their lives. While they will be dearly missed, we wish them good health and much happiness, now and always!



Start off the new year by giving back

Have you been thinking about how you can give back to your community? Volunteering is a rewarding and purposeful way to do so. Volunteers are an important support system and help us achieve our mission and impact the people we serve.

We are looking for new individuals to join our team of caring and dedicated volunteers! We are now recruiting volunteers for our Adult Day Services program. If you think you can make a sustained commitment to volunteer 1 day a week, over the 9:30am-2:30pm period, we want to hear from you!

Contact Volunteer Services today to explore rewarding and fulfilling volunteer opportunities at 416-243-0127 ext. 505 or volunteer@esssupportservices.ca.

You can also apply directly on our website at www.esssupportservices.ca.



Fundraising

That's a wrap!

Our annual Gift Wrap Event is one of our longest standing, volunteer driven fundraising events. Every December, volunteers wrap gifts at Cloverdale Mall in exchange for a donation to ESS. We are happy to share that with the work of 65 volunteers, who dedicated 800 volunteer hours, we raised approximately \$8,400 for ESS!

Our sincere thanks to our Gift Wrap Volunteers who worked so hard wrapping gifts of all shapes and sizes to raise money for our programs and services. Thank you to all of the customers who came by our gift wrap booth to support our event and to Cloverdale Mall for continuing to support ESS by covering the costs of our wrapping supplies.



Fundraising

Love is in the Air - Dine for Dignity Fundraising Gala

Thank you to everyone who attended and contributed to the success of our 11th Annual Dine for Dignity Fundraising Gala. Guests were entertained by Jerry Howarth, Master of Ceremonies and former Blue Jays Radio Broadcaster, along with talented Canadian Singer, Michael Vanhevel. We would like to acknowledge our generous sponsors so essential to the success of this event. Thank you for your financial support and for helping us to continue enabling seniors to live independently in their own homes. We were certainly feeling the love at our Gala. With the help of our staff, volunteers, sponsors, donors and guests, together we raised \$16,650 in benefit of the families and seniors using our programs and services.

Gala Sponsors

Signature Sponsors

Erica Teklits, BDO Canada
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Nurse Next Door, Etobicoke & West Toronto

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RBC Not for Profit Markets GTA
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Fundraising *continued...*

Walk for ESS: Toronto Challenge

Calling all ESS supporters! Last year you helped us raise \$5,700 for ESS through the Toronto Challenge. We'll be walking in the Toronto Challenge again this year on Sunday, June 9th and are recruiting people to walk with us and to fundraise for us. More details to come on our website.

Contact ESS at 416-243-0127 for more information and to sign-up!



ESS in the Community

ESS at the annual Etobicoke-Lakeshore Santa Claus Parade



ESS wrapping donated gifts to distribute to our Assisted Living clients. Be a Santa to a Senior takes place every holiday season in partnership with Home Instead Senior Care and Tapestry at Village Gate West. Photo Credits: Home Instead Senior Care and Snapd Etobicoke.

ESS in the Community *continued...*

We truly enjoy hearing about what our services have meant to you and your families. It keeps us motivated to deliver the best possible care and to continue making improvements. This is why we do what we do! Below is some of our most recent client and caregiver feedback:

"In the exercise group, I made new friends. My flexibility and balance improved."

"The exercise class I attend is excellent. I walk much better than I did before. I can also stand for longer periods of time."

"I appreciate the supports provided by ESS. It makes my life much easier and allows me to carry on with my activities."

"I enjoy the [Seniors'] Lunch Program very much. Staff are always friendly and helpful. I enjoy that there is a lunch, exercises and activity."

"To the staff who took great care of my mom: You are a special group of caring staff. My mom always talks about the girls who took care of her. I can't thank you enough for what you did. She was happy. Thank you!"

"Without the Adult Day Program, my mother would have to be placed in a nursing home. I thank ESS for their services which allow my mother to maintain a level of independence."

Do you have a story to share about what ESS has meant to you and your family? If so, we welcome you to get in touch and tell us about it. Please contact 416-243-0127 or ndziubaniwsky@esssupportservices.ca.



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Yes! I want to help seniors remain in their own homes.

I'm enclosing my gift of ☐ \$100 ☐ \$75 ☐ \$50 ☐ \$20 ☐ Other \$ _____

Tax receipts are issued for gifts of \$10 or more.

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☐ Cheque or money order enclosed ☐ VISA ☐ Master Card ☐ American Express

Credit card # _____ Expiry date _____ Signature _____

ESS respects your privacy and we protect your personal information. We do not rent, sell or trade our mailing lists. The information you provide will be used to issue tax receipts and to keep you informed of ESS events and fund raising activities. If you would like to be removed from our contact list please contact us and we will gladly accommodate your request.

Thank you for your support!

ESS Charitable No. 11896 5029 RR 0001

Please mail your donation to
ESS Support Services
2245 Lawrence Avenue West
Etobicoke, ON M9P 3W3

Tel. (416) 243-0127 Fax. (416) 243-7987

Email. agency@esssupportservices.ca

www.esssupportservices.ca

*Donate
securely on
the web*

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Circle of Friends

Circle of Friends

Join our Circle of Friends by making a financial donation to ESS. Please contact Lucy Bonyun, Executive Assistant at 416-243-0127 or lbonyun@esssupportservices.ca to discuss how your donation can support seniors living in Etobicoke. Online donations can also be made through our website www.esssupportservices.ca.

You can support your Etobicoke senior neighbours by:

- Making a donation in memory of a loved one or friend
- Asking your friends and family to make a donation in celebration of a birthday, anniversary, graduation or other special event
- Joining our Monthly Donor Program
- Leaving a bequest to ESS in your will

Thank you to our friends and supporters who have remembered us with gifts, bequests and donations.



Gifts in Tribute

The following individuals have been honoured with a gift to ESS
July 1, 2018 –
December 31, 2018.

In Memory of

Delaine Cassie
Anne Every
Maddalena Gallo
Audrey Holly
Savitri Devi Kumar
Norma Mastrotucci
John Patrick Ziraldo

In Honour of

Stephen Bartlett
Darlene Dubbin

ESS Mission

ESS Support Services is a not-for-profit agency committed to supporting seniors in their desire to remain in their own homes and community.

ESS Vision

We envision a community of independent seniors sustained through excellence of operations, enthusiasm and continual innovation in the delivery of community support services.

Privacy Statement

ESS respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists. The information you provide is used to deliver services and to keep you informed and up-to-date on the activities of ESS, including programs, services, special events, funding needs, opportunities to volunteer or give, open houses, etc., through periodic contact. The ESS Privacy Officer can be reached by e-mail at bmichalik@esssupportservices.ca or telephone at 416-243-0127.



How to contact us

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Website: www.esssupportservices.ca

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