

We Need Your Ideas

We would like to show case exciting best practices around keeping seniors active and engaged in our next DVD slideshow. Do you have an example that you'd like to share with our members?

If so, email us at crncc@ryerson.ca to request a survey and we will showcase your idea at an upcoming conference hosted by the CRNCC and McMaster University this June on the CRNCC website at www.crncc.ca.



News

On behalf of the Steering Committee, we are delighted to introduce Quest Atkinson, the new manager of the CRNCC. Quest is a graduate of the Ted Rogers School of Management, Ryerson University. She comes with management and event planning experience, excellent communication and presentation skills, high energy and creative ideas for the CRNCC.

We'd like to take this opportunity to express our deepest appreciation to Silvia Carfora, who, at the end of her maternity leave, decided that her twins needed her undivided attention. As the first CRNCC manager, Silvia set a high bar. With flair, style, perseverance and utmost professionalism, she guided the CRNCC through its "branding", the launch of its web site, its first workshops/symposia and laid a solid foundation for the CRNCC. We are also greatly indebted to Jane Weber. Her imagination, resourcefulness, innovative and dynamic spirit helped extend the CRNCC's reach from the local, to the national and international arena, taking the CRNCC to new heights. We wish both Silvia and Jane the very best for the future.

Janet M. Lum
Co-Chair, CRNCC



A. Paul Williams
Co-Chair, CRNCC

International Footprints

As a result of CRNCC's 2008 international tour the network gained attention on a global scale. Not-to-mention, some very valuable partnerships were secured along the way.

Bienvenido to our new **Mexican** partner - Eduardo Alvarez Falcon, Health Management and Leadership

this issue

- News **P.1**
- International Footprints **P.1**
- Profile of Success **P.2**
- Fast Facts **P.2**
- Events Breakdown **P.3**
- Student Placements **P.4**

Director for the Centre for Health Systems Research at the National Institute of Public Health in Mexico. This past February, Paul Williams - along with the World Bank, visited the institute to attend a two day symposium on behalf of the CRNCC to talk on:

- ✓ Integration initiatives for older populations within Local Health Integration Networks (LHINs) in Ontario
- ✓ Research results from the Balance of Care project that has taken place in 10 LHINs across Ontario

The CRNCC welcomes the following two new partners from the **United States** with open arms.

Simonne Ruff, based in San Diego, is the Associate Director for Corporation for Supportive Housing (www.csh.org). Although CSH has recently joined our network, Simonne has been personally connected to the CRNCC for the past few years. In 2005 she was the co-author of "[When Home is Community: Community Support Services and the Well-Being of Seniors in Supportive and Social Housing](#)", a Supportive Housing paper written by the CRNCC.

We would also like to welcome Dr. Mary Stuart, Professor and Director of the Health Administration and Policy Program based at the University of Maryland, Baltimore County. The majority of her work reflects issues in health care, health care organization and delivery, and decision support for health and policy management. Dr. Stuart has also made a great contribution to the CRNCC as a speaker at our October 2007 Supportive Housing Symposium where she spoke on "[Supportive Housing and Integrated Care](#)" from an international perspective.



All Around Seniors' Playgrounds

Over the past few years adult fitness playgrounds have been growing in popularity. So far, fitness playgrounds have been spotted in China, Canada, Germany, and the UK.

PREUSSEN PARK BERLIN, GERMANY



(Photo by: Sabine Sauer, 2007)

LIONS WELLNESS PARK VANCOUVER, CANADA



(Photo by: Delta Parks, 2007)

DAM HEAD PARK MANCHESTER, ENGLAND



(Photo by: Mensyn, 2008)

International Footprints

(continued)

Additionally we are proud to 欢迎 (welcome) the following two new partners from **China**.

Dr. Wang Wei and Capital Medical University in Beijing (<http://www.cpums.edu.cn/english/>). Dr. Wang Wei is currently the Dean of the School of Public Health and Family Medicine at CMU. Among other things, CMU examines the aging population in China to provide low-tech interventions such as street corner exercise grounds, communal kitchens, and hospital beds at home. At the end of March, Capital Medical University along with the CRNCC and the Centre for International Health at University of Toronto will host a two day symposium in Beijing on Primary Care Reform and Community Based Health Care. *Be sure to take a look at our next In Focus Fact Sheet, where CMU will be featured.*

Dr. Du from the Chinese Academy of Social Sciences (CASS)[<http://bic.cass.cn/English/index.asp>] in Beijing, China - we welcome you also! Dr. Du is a Professor in the Department of Economic and Social Development at CASS. CASS houses more than 50 research centres which work interdependently toward increasing the level of studies in humanities and social sciences in China through theoretical and policy exploration.

This Month's Fast Facts

- The Lions Wellness Park in Tsawwassen, Vancouver houses Canada's first outdoor seniors' playground with an "arm cycle" and a "leg cycle", a low-tech cousin of the gym stair-climber. The park is inspired by a similar seniors' playground in China.
- In September 2008, the Ministry of Healthy Living and Sport in BC provided a total of \$1.8 million to 18 communities to establish wellness parks throughout BC in an effort to help seniors connect, socialize, be active and engaged in their communities
- Berlin's Preussen Park, also adapted from the Chinese playground idea, opened its first playground for seniors in Germany in 2007 to encourage seniors in social exercise.
- In 2008 England followed suit by opening a seniors' playground in Dam Head, Manchester. The playground offers an array of machines that gently exercise upper and lower body parts.

Lions Wellness Park
Photo by: Southdelta.com, 2007



Profile Of Success

Do you have a Home and Community Care Champion in your organization who should be in the spotlight?

CRNCC is accepting nominations for people who have made significant contributions to the Home and Community Care sector. Winners will be featured in the next newsletter and in a special In Focus edition. The winner will also receive a printed certificate from CRNCC in recognition of being selected as the Home and Community Care champion of the month.

**Send an email to
crncc@ryerson.ca
for application and
rules**





Events On The Radar

Recent Event Highlights

St. Clair West Services for Seniors AGM and Open House

October 29, 2008
Toronto, Ontario

This past October, Dr. Janet Lum, Co-Chair of the CRNCC, was invited to present at the St. Clair West Services for Seniors AGM. Her presentation focused on the value, elements, and outcome measures of Supportive Housing for vulnerable populations. To view the presentation click [here](#).

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

23

Volunteer Engagement: Celebrate Today, Thrive Tomorrow
[8:30 am-4:00 pm | Toronto, ON]

24-25

CISS Seminar: Integration Benefits In Caring For Vulnerable Populations
[Mexico City, Mexico]

March

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

26-27

Seniors Information and Active Living Fair
[Mississauga, ON]

28-29

Primary Care Reform and Community Based Health Care
[Beijing, China]

Andy Alaszewski, Director and Professor at the Centre for Health Services Studies (University of Kent, UK) touched on theoretical and conceptual issues regarding growing evidence that suggests Home and Community Care can go a long way toward meeting individual needs and improving system performance when it is targeted, managed and integrated into a broader continuum of care. He also presented examples of successful integrated health and social care for older persons from the UK. To view the presentation click [here](#).

*We encourage you to check www.crncc.ca/events often as our calendar is continually updated





Profiling Placement Students

Natasha Sewrattan & Jennifer Sully at Toronto East General Hospital

What experience did you bring to this placement?

Natasha: I worked for a year between my undergraduate and graduate programs in a non-profit organization where I was responsible for HR related duties. This included updating and re-writing policies and procedures for the organization.

Jennifer: This placement was ideal for me because it combines the knowledge and skills I have acquired from both levels of my studies. I did my undergrad in English and Labour Studies at McMaster University. In Labour Studies there is a lot of focus on occupational health and safety, labour relations, labour legislation and human resources. All of these topics are pertinent to my placement because they are important background information that one must understand when working on a workplace violence prevention program.

How do your responsibilities build capacity at TEGH?

Natasha: My main task is to assist with the development of a Standards of Behaviour Policy for TEGH staff, physicians, students, volunteers and affiliates. Based on focus group sessions comprised of TEGH staff which I have co-facilitated thus far, it is evident that such a policy will reinforce the core values of TEGH, and promote respect, kindness and excellence, allowing TEGH to continue its commitment to achieving the highest standards of patient care, teaching, innovation, community partnership and accountability.

Jennifer: Workplace violence is a serious concern for any workplace, but the problem is especially acute in the health care setting. Health care has higher levels of workplace violence than any other occupation, except for security. TEGH is committed to providing a safe environment for all patients, staff, physicians and volunteers. The work I am doing for the Workplace Violence Prevention Program will help TEGH to maintain that safe environment and to further its goal of being the number one employer of choice for health care workers in Canada.

What attracted you to this placement?

Natasha: I was attracted to the idea of working in a hospital environment since I have an interest in health care delivery, as well as working towards developing, promoting and implementing a Standards of Behaviour policy.

Jennifer: This placement is unique because it provides me with exposure to several diverse areas. This exposure includes human resources, project management, risk management and occupational health and safety. On top of the policy work I do I have been able to attend an arbitration session.

The benefits from this placement are immeasurable. This placement has provided me with a lot of exposure to several disparate areas. Being able to apply what I am learning in the classroom to the work-world has been a vital part of my education at Ryerson and I am confident that it will enrich my job prospects after graduation.

Describe some of the challenges you face at your placement.

Natasha: One challenge would be preparing presentations for, and presenting in front of a Steering Committee composed of Executive Staff members (President/Vice-President), managers, directors and doctors. This can be an intimidating exercise. Also, recruiting participants for focus groups can be difficult, as staff members may be too busy to volunteer their time. However, staff participation is a crucial element to the success of the project. Another would be booking space to hold the focus groups. In a large hospital where meetings and training programs are held quite often, it can be a challenge to find empty space.

Jennifer: A challenge that I face in my placement is setting up meetings with very busy people! The work that I am doing is collaborative so I need to be very proactive in setting up meetings. Although I am working on one program there are several components of it that I am working on simultaneously. The project requires a lot of organization and prioritizing.

Student Placements

A key objective of the CRNCC is to facilitate student placements within the home and community care sector. Tell us about the internship/practicum opportunities in your organization by completing the Student Placement Form available at <http://www.crncc.ca/studentplacements/placement.html>.

Students who are interested in placements are welcome to visit our website and apply directly to the respective organization of their interest. Please visit the CRNCC website for recently posted student placements: <http://www.crncc.ca/studentplacements>.

If you have any questions please email us at: crncc@ryerson.ca





CRNCC is committed to creating an open and accessible environment that offers the most current and relevant information. We welcome all comments, questions, and concerns via any of the following contact options.

Address

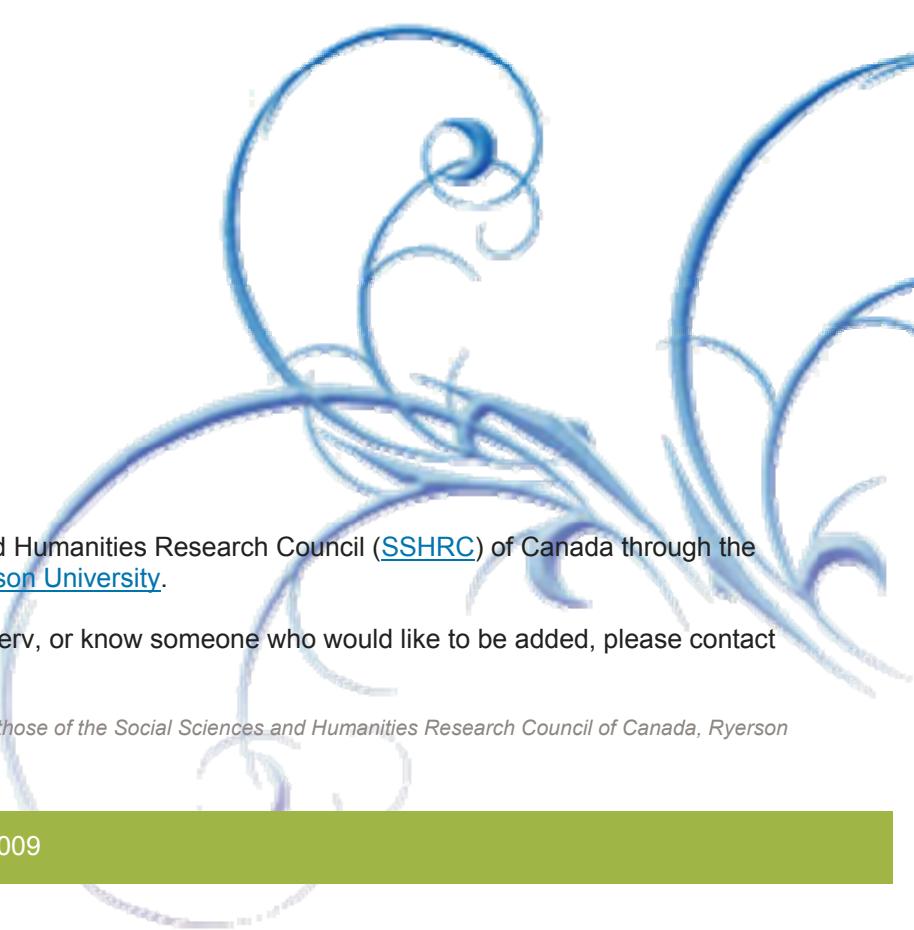
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If you would like to be removed from this listserv, or know someone who would like to be added, please contact us at crncc@ryerson.ca.

The views expressed here do not necessarily represent those of the Social Sciences and Humanities Research Council of Canada, Ryerson University, or the University of Toronto.