

JAMAICAN CANADIAN ASSOCIATION OF NURSES



NEWSLETTER

Volume 3 | Issue 1 | April 2018

NOT FORGOTTEN – COMMUNITY DAY PROGRAM FOR SENIORS

Research shows that the Black community is at two times greater risk of developing dementia and is often impacted by early onset dementia. In 2017, JCAN received Ontario Trillium Seed Funding to provide a seniors day program in partnership with TAIBU Community Health Centre to respond to this need. This culturally specific program is designed to minimize the barriers the Black community faces when accessing services. The program is offered on Thursday from 1pm-5pm at TAIBU Community Health Centre and provides structured evidence based activities, opportunities to exercise and refreshments for registrants. Caregivers of seniors are also welcome to attend.

The program is led by Ms. Carleen Robinson and supported by Elaine McLeod (RN), Jennifer Campbell (PSW), Keisha Greenridge (PSW), Primrose Morgan (PSW), Zakiyah MacIntosh (Exercise Instructor) and Sheldon (Social Worker student). Thirty individuals have registered for the program and space is available for others to join. All registrants have completed a pre-survey as part of a robust evaluation plan to determine the effectiveness of the program. Registrants have been highly satisfied and engaged with the program.



WHAT SENIORS HAVE SAID ABOUT THE DAY PROGRAM



"I enjoy communicating with others. I love the games and the puzzles that we do. I love that I won a prize! The fitness sessions and all the exercises does help me here a lot. I really enjoy arts and crafts because they help my mind and my memory."
~Ivy

"The program is very good so far. It's uplifting and energizing! The team that runs the program are very friendly and motivates me a lot. I am learning lots of different things especially during the Daily Bread. Its doing wonders for me! The art and craft really helps me to think and concentrate. The program is well planned and organized and is great for memory improvement.

~Cynthia



"I feel good about the program. It's excellent that is why I am here every week! We learn about other cultures and we learn from each other. Everyone is like one big happy family sharing love. The staff works well together and they are the ones who enhance the program. If they weren't jovial and happy then we wouldn't enjoy the program as we are doing right now."

~Debra

Renew your 2018 JCAN Membership by:

1. Completing the online membership form at jcan.me
2. Mailing a cheque addressed to the Jamaican Canadian Association of Nurses, care of **Millie Robb**
73 Windrush Trail, Scarborough, ON, M1C 3Z9

BECOME A JCAN BOARD MEMBER

JCAN currently has 2 board vacancies and is looking for individuals with the following expertise:

1. Financial (i.e. Fundraising, Donations, Sponsorship)
2. Public Relations (i.e. Media, Promotions, Marketing)
3. Community Engagement (i.e. Partnerships, Collaboration)

If you are interested in becoming a JCAN board members send your CV with a letter of interest to info@jcan.me.

LONG TERM CARE HOME

One of the goals within JCAN's Five Year Strategic Plan is to establish a Nursing/Retirement home for the Black and South Asian Community. JCAN's executive completed an application for "Long Term Care Home Development and Redevelopment" through the Ministry of Health and Long Term Care in February 2018. The membership will be kept informed of any progress on this initiative.

SAVE THE DATE

4th Annual Charity Gala:

Saturday June 16 2018 at St. Peter and Paul Banquet Hall