



# CAREFIRST CONNECTION

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## Message From The Board President & CEO

We may not be 100% out of the woods of the COVID-19 pandemic yet, but despite these challenges, Carefirst did not waver from our mission. Carefirst continues to make strides in providing quality integrated health and community care while participating in the fall surge preparedness planning to protect communities during anticipated Flu season. It is our commitment to empower and engage service users, staff, volunteers and caregivers as partners to not only meet client needs but also create stronger, equitable and more inclusive communities.

Carefirst is active as a leader and supporter in 4 Ontario Health Teams (OHT): North Toronto Health Partners OHT, Scarborough OHT, Western York Region OHT, and Eastern York Region North Durham OHT. Carefirst plays a leadership role on 3 of the OHTs' Collaboration Leadership Councils and many working groups, committee and teams.

Carefirst continues to embark on the capital development of the Carefirst Campus of Care which will enhance integrated access to more comprehensive care in Ontario, including residential long-term care, community-based medical care, home care & other community support services. Carefirst believes that this Campus facilitates intergenerational programming, community capacity building and the strengthening of social capital and infrastructure in York Region. The Campus will be a pinnacle of care that will support Ontario on its journey of a continuum of care and an "Aging in the Right Place" model.

Accreditation Canada conferred exemplary status on Carefirst in its recent examination. In the words of the surveyors "You have demonstrated the ongoing commitment to act and not be satisfied with the status quo... you walk the talk in applying the Total Quality Management Framework and INTEGRATE Program... this is a national model you can be proud of". Carefirst will continue to build up the organization's capacity as an innovative and proactive service provider and will also lead as an agent of change to make care better for all.

Carefirst will stay in the forefront and actively participate in addressing health and service gaps, advancing quality of care, and improving client experience and outcomes. Thank you to all Board Directors, dedicated staff, devoted volunteers, funders, service partners, and generous donors for enabling us to effect positive societal change.



**Sheila Neysmith**  
Board President



**Helen Leung**  
CEO

## 2022/2023 CAREFIRST ANNUAL GENERAL MEETING & STAFF/VOLUNTEER RECOGNITION CEREMONY



▲ Dignitaries, Board Members and Long-service Staff

On September 6, 2023, the 2022/2023 Carefirst Seniors & Community Services Association Annual General Meeting (AGM) and Long Service Staff/Volunteer Recognition Ceremony was held at Premiere Ballroom and Convention Centre. Over 200 attendees including Dignitaries, Board Members, Association Members, staff, volunteers, donors and guests joined us in celebrating another year of success. Helen Leung, CEO of Carefirst also presented an update on Carefirst's exciting Campus of Care project progress.

We greatly appreciate the hard work and dedicated effort from our board, staff and volunteer members in moving our business and services forward to meet the needs of our clients and community. Over 120 board members, staff and volunteers were awarded and recognized for their long-service.



▲ Dignitaries, Board Members and Long-service Volunteers

The time had also come for the election of directors. Carefirst Seniors & Community Services Association would like to extend a warm welcome to our new members of the 2023 – 2024 Board of Directors and 2023 – 2024 Honorary Advisors.

### 2023-2024 BOARD SENIORS

**President:** Dr. Sheila Neysmith

**Executive Vice President:** Andrea Chun

**Treasurer:** Kingson Lee

**Secretary:** Dr. Freida Chavez

**Directors:** Dr. A. Paul Williams | Dr. Chi-Ming Chow | Clara Tsang | Dr. Christina Popa | Darius Sookram | Joan Christensen | Mojahed Qashoa | Roberta Lau | Shirley Ng | Thomas Yeung | Victor Ng |

### FOUNDATION

**Chair:** Will Sung

**Vice Chair:** Wayne Tsang

**Treasurer:** Shirley Ng

**Secretary:** Dr. Zerlina Lim

**Capital Campaign Chair:** Jenny Lam

**Directors:** Alvin Yau | Jessica Huang | Joanna Yu | Kei Leung | Louisa Hui | Matthew Wan | Peter Choy | Philip Ho | Samuel Lee | Yan Liu

### FAMILY HEALTH TEAM

**Chair:** Cheryl Lau

**Treasurer:** Doreen Tai

**Secretary:** Christel Galea

**Directors:** Agnes Lan | Dr. Anuradha Srinivasan | Chi-Cheng Chu | Sandra Tam

### CAREFIRST SENIORS' HONORARY ADVISORY COUNCIL

**Chair:** Irene So

**Fundraising & Finance Management Advisors:**

Stephanie Ho

Charles K. Poon

**Strategy & Services Development Advisors:**

Prof. Ka Tat Tsang

Dr. Peter J. Lin

Dr. Samir K. Sinha

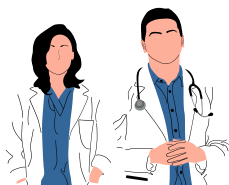


Read Carefirst  
Annual Report



SCAN ME

## CAREFIRST FAMILY HEALTH TEAM (FHT)



Carefirst Family Health Team (FHT) strives to improve the health of patients and families by providing culturally sensitive, family-centered and holistic primary health-care services with the help from a team of multidisciplinary professionals.

Every year, the Carefirst Family Health Team actively promotes the annual flu vaccination program. This year, in our efforts to continue promotions, we will be hosting a Flu Education Webinar for patients to learn more and answer questions about the flu and COVID-19 vaccine.



The flu season is back...  
Protect yourself!



又到了流感季節 – 大家做好預防措施!

Join us for  
**Flu Education Webinar**  
No registration is required

Webinar in Cantonese (October 27, 2023 11:00-12:00PM)

Join on Zoom by clicking on the link below:

<https://us06web.zoom.us/j/85478728109?pwd=c1RQYn8yYk1hGwZl1C91lml4vGn.1>

Webinar in English (October 24, 2023 3-4PM)

Join on Zoom by clicking on the link below:

<https://us06web.zoom.us/j/84544458727?pwd=TOVhek5vaW0vNG9adXA0L0FzWkVnUT09>

Come learn more about the flu and its vaccine with the nursing team from Carefirst Family Health Team.

Phone: (905) 695-1133 for any inquiry regarding this session



English



Chinese

Topics Include:

- What is the flu?
- How is it the flu different from COVID-19?
- What do you do if you have the flu?
- What does the flu shot do?
- ...Q&A and more!



英文



中文

主題包括:

- 流感是甚麼?
- 流感跟新冠病毒有何分別?
- 感染了流感怎麼辦?
- 流感疫苗有何作用?
- 問題解答環節及更多!

請來參加  
**流感教育網上講座**  
無須預先報名

廣東話網上講座 (2023年10月27日 上午 11:00 – 12:00)

按以下鏈接登入Zoom:

<https://us06web.zoom.us/j/85478728109?pwd=c1RQYn8yYk1hGwZl1C91lml4vGn.1>

英語網上講座 (2023年10月24日 下午 3時 – 4時)

按以下鏈接登入Zoom:

<https://us06web.zoom.us/j/84544458727?pwd=TOVhek5vaW0vNG9adXA0L0FzWkVnUT09>

一齊來聽聽耆暉的護士團隊講解流感及預防疫苗的資訊

查詢此講座 · 請致電 (905) 695-1133

## Community Flu Shot & COVID-19 Vaccine Clinic

### Eligibility

- Anyone over the age of 9 or has previously received the flu shot before in the past
- Children 6 months to 9 years require 2 shots if they have never received the flu shot in the past
- No OHIP is necessary

### Dates & Time

Friday, Nov 3 (9:30 - 1:30)  
Monday, Nov 6 (1:00 - 5:30)  
Tuesday, Nov 14 (9:30 - 1:30)  
Friday, Nov 17 (1:00 - 5:30)

### Location

Carefirst One-Stop Multi-Services Centre,  
300 Silver Star Blvd., Scarborough ON  
M1V 0G2

**Room: Ground Floor - R3**

### Book Online Today!



SCAN ME

<https://www.picktime.com/flucliniccommunity>

Carefirst Family Health Team will continue to collaborate with our partner Ontario Health Teams to organize and provide flu shots and COVID-19 vaccine to the community. Stay tuned for more information and availabilities!

Visit <https://carefirstontario.ca/medical/fht/> for more information.



## High Priority Communities Strategy Program (HPCSP) TOGETHER WE CELEBRATE

In celebration of **Multiculturalism and Diversity Day**, on **June 27, 2023**, Carefirst collaborated with **Aaniin Community Centre & Library** to organize **Together We Celebrate!** — a fun community event funded by Canadian Heritage to showcase the diverse rich cultures of Canada and to bring the different cultural group together to celebrate diversity and inclusion! Our HPCSP team was excited to join for a day of special cultural activities and performances celebrating our multicultural communities. Participants learned more about different cultures and community resources through information booths, fun activities and cultural performances from the community. What a great day to honour and showcase the diverse cultures, ethnicities and communities that help build a strong and vibrant society.

Carefirst was privileged to have volunteer instructors and students, and community partners representing different cultures to participate in putting on performances, and information and activity booths. A sincere thank you to Aaniin Community Centre & Library for their enthusiastic collaboration in helping us host a fun day celebrating the unique and diverse cultures that make our communities special!



▲ Staff, partners and performers at the Together We Celebrate event



▲ Booths from our community partners



▲ Tai Chi and Qigong demonstration by Carefirst Wellness Club program instructors and students



▲ Chinese fan dance by Carefirst volunteers Jing Dance Group



▲ Tamil dance by students of Kalikovil Academy of Fine Arts

Huge thank you to all performers for putting on a spectacular show!

- Tai Chi and Qigong demonstration by Carefirst Wellness Club program instructors and students
- Chinese fan and ribbon dances by Carefirst volunteers Jing Dance Group
- Tamil dance by students of Kalikovil Academy of Fine Arts

Shoutout to our dedicated community partners for making this event possible!

- Agincourt Community Services Association (ACSA)
- Japanese Church of Toronto
- South Asian Health Alliance (SAHA)
- South Markham Community Action Table (SMCAT)
- Tamil Civic Action (TCA)
- The Cross-cultural Community Services Association (TCCSA)
- Welcome Centre Markham North

## UPCOMING HPCSP EVENT

Saturday  
Nov  
18

### CELEBRATE HEALTH FEST

Date: Saturday November 18, 2023 | Time: 10AM - 2PM

Location: YMCA in partnership with EYRND (East York Region North Durham) OHT

*If you've missed or would like any of the event information, please contact the HPCSP Team at 416-502-2323 Ext. 6193 or [info.hpcsp@carefirstontario.ca](mailto:info.hpcsp@carefirstontario.ca).*



## CAREFIRST CAMPUS OF CARE

### *Creating Stronger and More Vibrant Communities*



#### The Campus - an Urban & Integrated Solution - will include:

- A Long-term Care Home with 124 beds for seniors/individuals with special needs
- A Medical Center that provides primary care/specialist care clinics for 10,000 patients
- A Social Community Hub to provide social programs and home support services
- A Community Kitchen/Cafeteria and Garden for all users in the community
- A Music/Dance Studio and Multipurpose Room for sports, recreation activities, cultural shows and exhibitions
- Assisted Living Units - 36 Life Lease units with on-site support services for older adults age 65+

#### Where We Are with the Campus of Care Project

Significant progress is noted with the construction of the Campus of Care and highlights are:

- Design diagrams, cost estimates and financial proforma packages had been submitted to the Ministry of Long- Term Care as per approval requirements
- Conditional approval on the Zoning Bylaw Amendment and Site Plan Application received
- Demolition Permit application was reviewed by the Heritage Committee and approved by Council in their September meeting
- Construction of the Campus of Care is expected to begin in first/second quarter of 2024, with completion by the end of 2025.

Our goal is to raise  
**\$7.5 million**  
 to support the construction of  
 the \$76 million capital project.



We have already raised  
**\$4.5 million**  
 thanks to your continued  
 support!

Please support & donate to help us meet our goal through the following fundraising initiatives:

Capital Campaign Project  
 Tel: 416-847-6012  
 Email: [donation@carefirstontario.ca](mailto:donation@carefirstontario.ca)

**Carefirst Campus of Care**  
**CARING TREE**  
*Dedicate A Leaf*

With a donation of \$10,000, donor's name will be engraved on the leaf of the Caring Tree (display on the donor wall in the lobby) to recognize donor's contribution towards the Carefirst Campus of Care.

**FACILITY DEDICATION PROGRAM**

Get involved for a Naming opportunity!

Donors' contributions will be honoured with a dedicated area of the donor's choice in Carefirst Campus of Care.

*You make caring possible!*

**ADOPT A CAREFIRST PIGGY CAMPAIGN**



? **What can you do with \$1 a day?**  
 Buy a cup of coffee or a bagel?

♥ **Did you ever think that \$1 a day could make a huge difference in someone's life?**

💰 **Fill your Piggy \$1 a day to support Carefirst Campus of Care**

Learn more at [www.carefirstcampusofcare.ca](http://www.carefirstcampusofcare.ca)

## CAREFIRST 2023 CHARITY GOLF TOURNAMENT



▲ Thank you to all sponsors and golfers for your support and participation



▲ Golf Tournament participants are ready for a friendly match

A tee-rific turnout at **Carefirst Foundation's 2023 Charity Golf Tournament** that was held on **June 29, 2023** at **Angus Glen Golf Club**. Dignitaries including Richmond Hill Mayor David West, Deputy Mayor Godwin Chan, and Councillor Scott Thompson, along with over 100 golfers participated in a friendly match with delicious food and amazing prizes all for a good cause! Together, we have successfully raised over \$75,000. All proceeds raised will go towards the development of Carefirst Campus of Care which will be home to a 124-bed long-term care home, medical centre, and social community hub. Beyond grateful to our sponsors, participants, volunteers, staff and Angus Glen Golf Club for supporting this event!



▲ Richmond Hill Mayor David West, Deputy Mayor Godwin Chan, Councillor Scott Thompson, ▲ and Carefirst Foundation Chair Jenny Lam presenting trophies to golf tournament winners



Special shoutout to our sponsor for making this tournament possible:

- Title Sponsor: Jim Emilson Real Estate Corporation Inc., ForwardFocus, Global Reach International Inc., Le Maitre, Catanzaro Mechanical Limited
- Diamond Sponsors: SG&M, RBC Royal Bank, CMC Markets, AB Solar
- Gold Sponsors: Jenny Lam, Chef Shuo
- Hole Sponsors: Landstars 360, Janice Chu, Sarah Chu, Future Steel Buildings, Philcan Group, Alvin Yau, ALED, JH Corporate & Commercial Real Estate Law, Jack Yang – RBC Wealth Management Dominion Securities, Nguyen Law LLP, KDP Graphic, Matheson, APMG Professional Corp, Paul Chan & Associates Consulting Inc., RBC Wealth Management PH&N Investment Counsel, LEE'S Fine Cars & Service Centre, Hans Steel Canada Corp, Hospitality Furnishing, External Technologies Group



Title Sponsor ▲ Representative

**Please mark your calendar for 2024 Charity Golf Tournament: June 25, 2024**

## UPCOMING 3RD PARTY FUNDRAISING EVENT



Toronto Elegant Lions Club 多倫多雅賢獅子會

**Elegant Crystal Ball 2023 - 30th Anniversary and Inauguration Ceremony**

November 11, 2023

Raising funds for Carefirst Foundation to support the development of Carefirst Campus of Care

Interested in setting up your own fundraiser or learning how to support Carefirst?

Contact us at 416-847-6012 or visit <https://carefirstontario.ca/foundation/>



## CAREFIRST 2023 CHARITY WALK FOR HEALTH & FAMILY FUN FAIR

Carefirst Foundation successfully held its **11th annual Charity Walk for Health & Family Fun Fair** on **August 19, 2023** at **Carefirst One Stop Multi-Services Centre**. Over 400 community members of all ages energetically came together with friends and family to exercise and stay health while raising funds and being part of making a positive impact. It was a fun-filled day of activities including delicious food, charity sales, information booths, games, performances and lucky draws!

Thank you to the community for your support – we have raised over \$125,000 this year! All proceeds raised will support the development of our exciting Carefirst Campus of Care project to be located at 9893 Leslie Street, Richmond Hill. Special shoutout to all the wonderful participants, donors, sponsors, volunteers, wellness program instructors, performers, community members, partners and staff for supporting Carefirst, and making this event possible and a huge success. Every step we take brings us closer to a healthier community.



▲ Charity Walk Opening Ceremony



▲ Service Sponsor: Alan Wu - HK Taxi



▲ Service and information booths



▲ Performance by Lucky4U



▲ Performance by CCHG

### Sponsors:

- Matching Donor: Mr. & Mrs. Leung
- Corporate Sponsors: Bayview Hill Pharmacy, Fontana Development Ltd / Avison Young
- Production Sponsor: UNI Show Systems
- Refreshment Sponsor: Tim Hortons
- Media Sponsor: Fairchild Radio
- Service Sponsors: St. John Ambulance, Alan Wu - HK Taxi



Take a look at some of the moments from the Charity Walk here



## UPCOMING EVENTS



Carefirst Radiothon  
&  
Senior Active  
Living Fair

December 14, 2023



Make a Wish  
Holiday  
Wishing Tree

December 2023

*More to Come! Stay Tuned!*

For information about any of the events listed above or to find out more about upcoming events, please contact us by telephone **416-847-0289** or email **donation@carefirstontario.ca**.

## Volunteer

**42** volunteers were nominated, recognized and received the provincial Ontario Volunteer Awards for their long-service with Carefirst.

Carefirst volunteer service is the foundation towards the building of a caring community. Every volunteer counts and makes a difference.

Visit [www.carefirstontario.ca/about/volunteers/](http://www.carefirstontario.ca/about/volunteers/)

Volunteer hotline: (647) 480-4334

Email: [volunteer@carefirstontario.ca](mailto:volunteer@carefirstontario.ca)



Carefirst CEO Helen Leung was invited as the keynote speaker at the Ontario Volunteer Awards ceremony on Thursday Oct 5, 2023 during Ontario Volunteer Recognition Week

## We Are Moving

Carefirst Scarborough Adult Day Centre originally at 3601 Victoria Park Avenue, Suite 209 will be moving to new location Carefirst Scarborough Woburn

Community Hub at **705 Progress Avenue, Unit 36-37 Scarborough, ON, M1H 2X1.**

**Programs to resume on October 24 at the new location.**

*Please stay tune for more new programs to be delivered in Carefirst Scarborough Woburn Community Hub.*

## Careers

"Care" for our client's needs has always been our "first" and primary level of concern and focus.

Join the Carefirst Team now!

If you are interested in working at Carefirst, contact us at (416) 502-2323 or email [hr@carefirstontario.ca](mailto:hr@carefirstontario.ca)

## Donation

Charitable donations to **CAREFIRST FOUNDATION** are always welcomed. Your generosity helps change lives of people in need.

Cheques are payable to **Carefirst Foundation**. You can also donate online at [www.carefirstontario.ca](http://www.carefirstontario.ca).

Any donation over \$20 will receive a tax receipt upon request.

Charitable Registration # 83974 4943 RR0001



Visit our website and follow us on Facebook, Twitter, and Instagram to learn more about Carefirst development and upcoming agency events:

<https://www.carefirstontario.ca>

<https://carefirstcampusofcare.ca>



@Carefirst Seniors & Community Services Association



@CarefirstSenior



@CarefirstSeniors



416-502-2323



[info@carefirstontario.ca](mailto:info@carefirstontario.ca)

We are committed to creating a safe and barrier-free environment for all. If you require accommodation, please inform us in advance to explore alternative arrangements.

