



CAREFIRST CONNECTION

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Message From The Board President & CEO

In the last fiscal year 2022/2023, Carefirst has continued to make strides in providing quality integrated health and community care for over 27,000 clients annually with our team of over 500 professional and front-line staff and 700 volunteers. The government of Ontario has seen a light at the end of the tunnel that is COVID-19, and as we scale back restrictions, we look forward to our association's expansion of care for vulnerable clients.

Carefirst's 2023 Young at Heart Charity Gala marked another tremendous success in striving towards our Capital Campaign's goal of funding the development of Carefirst Campus of Care. Through the 2023 Young at Heart Charity Gala, Carefirst raised a record-breaking total of \$365,000 that will directly support our building of this innovative and one-of-a-kind facility. Carefirst is excited to begin construction of the Campus of Care in the second quarter of 2023, with completion expected by the end of 2025. To raise \$7.5 million in support of this new facility, our devoted Carefirst Board members, staff, and volunteers have raised \$3.5 million, and it would not have been possible without the support of generous donors. This new year expresses promises, hope and new beginnings.

Carefirst may not know what the future will bring amidst these volatile global political and economy environments, but the last three years have proved that regardless of the storm, we can weather it. We look forward to working with our partners, staff and volunteers in helping to improve population health access to health and social services, and provide equitable community care across the GTA region.

Thank you all for staying with us as we rode the waves of the pandemic. Let's enjoy another year of recovery and growth.



Peter Choy
Board President



Helen Leung
CEO

High Priority Communities Strategy Program (HPCSP) WINTER WELLNESS FEST

This winter from February 2023 to March 2023, Carefirst's High Priority Communities Strategy Program (HPCSP) combined Mental Health and Women's Health education with physical wellness in a special Winter Wellness fest series at Markham YMCA. A series of educational workshops were presented by different community organizations each week including Markham YMCA, CHATS – Community & Home Association To Seniors, Canadian Mental Health Association (CMHA), Hong Fook Mental Health Association, and Carefirst. Each workshop was combined with a special corresponding physical or wellness activity led by Markham YMCA to encourage healthy living alongside health education.



▲ Winter Wellness Fest Workshop



▲ Winter Wellness Fest Physical Activity

A community health fair was also set up for attendees to learn more about available resources and services provided by local community organizations. Thank you to all the staff, HPCSP program partners, Markham YMCA, and community members for participating and making this event possible! The team looks to future endeavors with optimism and excitement as we continue to find new ways to create impact in community health.



▲ Winter Wellness Fest
Community Health Fair

If you've missed or would like any of the festival or workshop information, please contact the HPCSP Team at 416-502-2323 Ext. 6193 or info.hpcp@carefirstontario.ca.

ANNUAL STAFF RETREAT 2023

As the fiscal year came to an end, it was time as an organization to conduct the agency-wide program evaluations and prepare program plans as we look forward to the upcoming fiscal year. In February 2023 and March 2023, all Directors and operational staff gathered for team building, evaluation, and service planning. Each

Department presented evaluations and plans reflecting on its strategic priorities, program activities, objectives, outputs, indicators, challenges, areas for improvement, and outcomes. These retreats illuminated the positive impact that the organization has had in its past year of expansion and resiliency. It also allowed our Association the chance to analyze greater opportunities and be better prepared to meet challenges. Having the chance to come together and brainstorm meaningful solutions means we can now face the next year well planned and ready to implement.



▲ Carefirst Staff at the 2023 Staff Retreat - Program Evaluation

SOCIAL PRESCRIBING PROJECT

Building Neighborhoods of Care

Seniors across Ontario experienced a significant loss of social and community connection through the COVID-19 Pandemic. According to StatCan 2022, 46% of older adults reported being very concerned regarding their physical, mental and social health due to isolation and delayed care. **Social Prescribing connects patients to a wide range of non-clinical services in the community based on identified social needs to improve their health and well-being.**

Carefirst is pleased to announce that our Association is moving forward on our Social Prescribing Program with gracious funding from United Way of Greater Toronto and New Horizons for Seniors. **Carefirst's objective is to establish a Care Pathway, implement early identification and intervention of potential "seniors at risk", refer the right services at the right time, build neighborhoods of care, and create a model development of the Social Prescribing Program.**

The Social Prescribing Pathway will involve a prescriber to recognize a client's needs to refer them to social prescribing. A navigator will collaboratively offer social prescriptions by connecting the client to appropriate non-clinical community based supports and peer seniors to support the client. Through the Social Prescribing Program, Carefirst hopes to achieve improved well-being of our seniors, reduced silos of care, and improved diverse determinants of health. It will leverage our High Priority Communities Strategy Program's web of existing agency partnerships alongside Carefirst Senior's pre-existing partnerships to facilitate a robust referral program targeting the clients who need it most. Carefirst is pleased to help pioneer a new way of aging in place in the GTA region.



Essential Components



Client: An older adult who is experiencing social and health barriers and challenges, social isolation with limited social support.



Prescriber: A prescriber (e.g. family physician) who recognizes the impact of social determinants on a client's health and refers them using social prescribing.



Navigator & Peer Seniors: A navigator who receives the referrals and works collaboratively with the client to connect them to appropriate non-clinical community based supports. The clients will be supported by peer seniors.



Social Prescriptions: Non-medical and co-created supports in the community.



Service partners: Provide social program, e.g. wellness centers/social clubs, to form network of "social programs" Organizations from different sectors that are healthcare/social services/grass-root organizations / settlement service.

CAREFIRST COVID-19 VACCINATION AND CLINICAL ASSESSMENT CLINIC CLOSURE

As we continue to adapt to the evolving landscape of the COVID-19 pandemic, after careful consideration and in line with the decrease in demand for COVID-19 services, **Carefirst's Covid Cold and Flu Care Clinics and Vaccine Clinic have closed at the end of March.** We would like to express our heartfelt gratitude for your unwavering support and partnership throughout the pandemic. Together, we have achieved remarkable results in safeguarding the health and well-being of our communities.



▲ Carefirst Mobile Health Unit



▲ Carefirst Vaccination Centre at 300 Silver Star Blvd

Moving forward, Carefirst remains committed to providing exceptional care and support to our communities. Thank you and we appreciate your understanding during this time of change. Special shoutout to our partners and volunteers who have shown endless dedication and support to the success of all our vaccine clinics. We couldn't have done it without you all!



Our volunteers have dedicated

11,500 hours

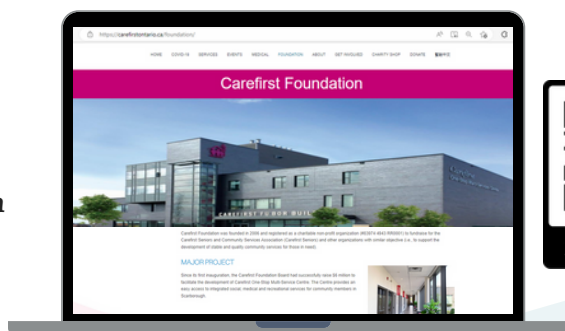
500+ clinic days

to support the success of all our vaccine clinics including Cornell Community Centre, Carefirst 300 Silver Star Blvd, and Pop-up & Mobile Clinics.



CAREFIRST FOUNDATION

Carefirst Foundation was founded in 2006 and registered as a charitable non-profit organization to fundraise for the Carefirst Seniors and Community Services Association (Carefirst Seniors) and other organizations with similar objective. Read about Carefirst Foundation's projects, events, campaigns and ways to support. Visit Carefirst Foundation's website to learn more - your support is vital!



... www.carefirstontario.ca/foundation/

CAREFIRST 2023 "YOUNG AT HEART" CHARITY GALA

The 26th annual Young at Heart Charity Gala was successfully held on March 25, 2023 at Sheraton Parkway Toronto North Hotel.

It was an exciting and memorable evening being able to bring back Carefirst's signature fundraising event to be held in-person. Close to 600 guests and VIPs were in attendance coming together to celebrate another successful year of serving our community and continue supporting the meaningful work that Carefirst has been doing. The program was filled with charity performances, gourmet meals, prizes and auctions. All proceeds raised will support the development of "Carefirst Campus of Care" scheduled to be completed by the end of 2025. Heartfelt thank you to all our guests, sponsors, donors, performers, volunteers, and staff! We are very grateful for the contribution across the community and together we were able to raise over \$365,000. Special shoutout to our sponsors - Congee Queen (Title Sponsor), Ontario Medical Imaging (Premium Sponsor), Canadian Guardians (Patron) and Mrs. Susan Foon-Chim Wong (Patron) – we couldn't have done it without you!



▲ Thank you Carefirst Board Members and Dignitaries for supporting the organization



▲ Title Sponsor: Congee Queen



▲ Patron Sponsor: Canadian Guardians



▲ Masters of Ceremony: Andrea Chun, Castro Liu, Dr. Chi Ming Chow



▲ Co-Chairs Yan Liu and Dr. Zerlina Lim

2023 "Young At Heart" Charity Gala Organizing Committee

Co-Chairs: Yan Liu, Dr. Zerlina Lim

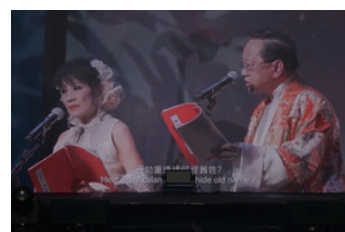
Members: Alvin Yau | Cheryl Lau | Edith Lam | Helen Leung | Jenny Lam | Joanna Yu | Larissa Chan | Matthew Wan | Nancy Leung | Wayne Tsang



▲ Opening dance by Jing Dance Group



▲ Midlife, Dance and Shine performed by Rhythm in Motion



▲ John Lau (Charity Gala Sponsor) & Lanzy Choy performing "Fragrance Sacrifice"

Roger Ma (Carefirst Director), Helen Leung (Carefirst CEO), Charles Poon (Carefirst Honorary Advisor), and Carefirst Home Care Team performing "Proud of You" Medley



▲ Taiko Drumming performance by The Carefirst Drumming Team (Clara Tsang, Doreen Tai, Herman Tse, Jenny Lam, Peter Choy, Philip Ho, Samuel Lee, Thomas Yeung, Wayne Tsang, Yan Liu, YC Lee, Zerlina Lim)

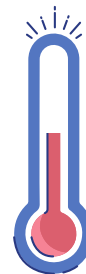
CAREFIRST CAMPUS OF CARE

Creating Stronger and More Vibrant Communities



Carefirst is very excited for the development of a 21st century, state-of-the-art Campus of Care at 9893 Leslie Street, Richmond Hill approved by the Ontario Ministry of Long-Term care to be completed by 2025.

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



We have already raised
\$3.5 million
thanks to your continued
support!

Did you know that by 2041, age 65+ is projected to represent 25% of the total population? In Ontario, there are close to 32,000 individuals on the waitlist for Long Term Care homes, says the Ontario Long Term Care Association. Campus of Care will address the shortcomings of existing long-term care homes through providing integrated social and health care services and programs in a well-coordinated manner.

The Campus will include:

- A Long-term Care Home - 120 beds for seniors/individuals with special needs
- A Medical Center - primary care/specialist care clinics for 10,000 patients
- A Social Community Hub - social programs and home support services
- A Community Kitchen/Cafeteria
- A Community Garden - for all age cohorts
- A Music/Dance Studio and Multipurpose Room – sports, recreation activities, cultural shows and exhibitions
- Assisted Living Units - 36 Life Lease units with on-site support services for older adults age 65+

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!

(9893 Leslie Street, Richmond Hill)

- A 120 bed Long-Term Care Home
- A Medical Centre
- A Social Community Hub
- A Community Kitchen/Cafeteria
- A Community Garden
- Music/Dance Studio and Multipurpose Room
- Assisted Living Units

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.

Capital Campaign Project
Tel: 416-847-6012
Email: donation@carefirstontario.ca

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

Website Now Live! Check it out!




SCAN ME

www.carefirstcampusofcare.ca

On November 30, 2022, Carefirst Annual Radiothon was successfully held, raising over \$170,000. In collaboration with Sing Tao A1 Chinese Radio (AM1540), inspiring stories were shared on how Carefirst's services make a difference in the community. All proceeds raised were designated towards supporting the Carefirst Campus of Care capital campaign project to be located at 9893 Leslie Street, Richmond Hill. Huge thank you to all our sponsors and donors for their huge support, and our 15+ volunteers who helped to answer calls at the Call Centre all day. In appreciation to our donors, Carefirst also hosted The "You Make Caring Possible" Reception presenting updates on the development of Carefirst Campus of Care, a project donors are an integral contributor to. A donor recognition and lunch appreciation reception were followed. Your donations make a difference every day!



2023 愛友情 + 有情 慈善演唱會 Wen-Wen & Friends Charity Concert

May 26-27 星期五、星期六 7:50 開始 歌藝會演奏廳 570 Alden Road unit-2 Markham

特別嘉賓



鄭月玲 主唱
Wendy Cheng Yue Ling

大會司儀



黃碧雲 司儀
Melanie Leung

慈善歌手

 Roy Tsang Stephen Lee	 Wendy Cheng Yue Ling Wendy Cheng Yue Ling	 Kenny Fung Kenny Fung	 Mak Ka Fai Mak Ka Fai	 Mak Ka Fai Mak Ka Fai	 Andy Wong Andy Wong	 Yvonne Li Yvonne Li
 Wendy Cheng Yue Ling Wendy Cheng Yue Ling	 Kenny Fung Kenny Fung	 Mak Ka Fai Mak Ka Fai	 Mak Ka Fai Mak Ka Fai	 Mak Ka Fai Mak Ka Fai	 Andy Wong Andy Wong	 Yvonne Li Yvonne Li
 Wendy Cheng Yue Ling Wendy Cheng Yue Ling	 Kenny Fung Kenny Fung	 Mak Ka Fai Mak Ka Fai	 Mak Ka Fai Mak Ka Fai	 Mak Ka Fai Mak Ka Fai	 Andy Wong Andy Wong	 Yvonne Li Yvonne Li

主題贊助 Tele Sponsor




受惠機構







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Volunteer

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/

Volunteer hotline: (647) 480-4334

Email: volunteer@carefirstontario.ca

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

Vocational Training Centre: Personal Care Aide Training Program

Carefirst Vocational Training Centre is registered as a Private Career College under the Private Career Colleges Act, 2005.

It currently offers the Personal Care Aide Training, a 12-week program teaching skills to participants to provide effective care to individuals of all ages and who require assistance in their daily activities (ie. light housekeeping, doing laundry, companionship, meals/snacks preparation, eating assistance), and to prepare participants for employment.

Must be an adult (at least 18 years old), and referred by Ontario Works

For more information, visit: <https://carefirstontario.ca/vtc/>

Contact us: Phone: 416-847-2767 | Email: training@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.

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

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.

