

Momiji Matters

Spring 2015

DONOR PROFILE: ALEX YANOSHITA

We were very fortunate to be introduced to Alex Yanoshita last summer when he made a very significant gift of \$100,000 towards Momiji's Preserve the Legacy Capital Campaign. Since that time, we've had the pleasure of getting to know Alex better and learn more about his life, beliefs and motivation behind his philanthropy.

It is very important to Alex to build community and support for the Japanese Canadians who endured, as he did, the internment during WWII; many of whom now reside at Momiji. This prompted Alex to make another generous \$100,000 commitment; this time to match Preserve the Legacy donations received from the community at large. This provides a wonderful opportunity for every dollar donated by individuals, social groups, clubs, churches and companies to be doubled – thereby doubling their impact to Momiji.

We want you to know more about this remarkable man so we asked Alex's niece Diane Montgomery to provide us with a brief biography:

Naoyoshi (Alex) Yanoshita is my uncle. He was born on March 13, 1922 in Mission B.C. to parents Torakuma and Ichi Isseri. Alex was the fifth child in a family of nine. His father owned one of the largest berry farms in Mission with 20 acres in Mission and 15 acres in Matsqui. They also kept 500 chickens and hauled cedar shingle and shake bolts in their truck. Alex attended Mission High School completing Grade 10 and attended services at St. Andrews United Church.

From 1942-47, Alex was evacuated to Stirling, Alberta. Upon regaining his freedom he moved to Chatham, Ontario in 1947 and then quickly to Windsor to begin working in Ford Canada's tool shop as a skilled tradesman. Not long after Alex became a millwright to which he continued in this capacity until his retirement in 1985 at age 63.



During the 1980s and 1990s, Alex was the liaison for the city of Windsor when it twinned with Fujisawa, Japan. In this capacity he travelled to Japan several times. He also travelled to South America to attend the Conventions of the Association of Pan American Nikkei organization for Japanese living in South America.

My uncle's generous charitable contributions speak loudly of his nature. Like so many of his contemporary Japanese Canadians, he has persevered and overcome. He remains good-natured and kind-hearted, thoughtful to his personal family and the broader family of Nikkei as well. He is greatly respected and cherished.

A New Name, Look and Content

The Momiji Mosaic has been renamed to encompass what truly matters to you and to us. There may be a new name, a new look and some new content, but not to worry we've kept your favourites and what you've come to expect, such as calendar of events, latest news from our education program, milestones, awards, passages, and the donor listing.

What's new is a special Caregiver Support section devoted to offering helpful tips and advice from Momiji's Support Services department. There will also be an opportunity to get to better acquainted with Momiji's leadership with messages from the Board Chair, Executive Director or one of our senior managers. And finally, we will be introducing you to some of our donors and volunteers who have been instrumental in making Momiji such a great place.



Donor News

Did you know you can use your passion, have fun and raise money for Momiji?

If you have a hobby or special talent you can become part of our **Third Party Event Program**.

Take for example the **Bridge Club**. This 70-member club, which was started in the mid 1990s, gets together every Monday night in the Momiji Community Centre for Duplicate Bridge. Each player pays a small fee each week to cover expenses -- the rest is donated to Momiji. In the past three years alone, they have donated \$16,000! This year, they provided funds for the Tenant's Christmas Party, offsetting the ticket price for our tenants, and for the Elderly Persons Centre (EPC).



The **Oshare Craft Cub** is another group that believes in giving back. This club is made up of nine ladies who love to knit. They meet weekly to socialize and enjoy their favourite hobby. The items they produce from donated materials -- knitted stuffed animals, blankets, sweaters and small items -- are sold at their annual Craft Show in the Fall, and at Momiji's annual Bazaar. They have been donors for a number of years, but this year they made an extra special \$2,600 donation to Momiji. They donate to show their gratitude since Momiji gives them a warm and welcoming place to meet and socialize.

As two of the more than two dozen clubs and activities that the EPC runs, the Bridge and Oshare clubs know the importance of their support. Their donation to the EPC helps over 800 seniors, both from our residence and the community at large, particularly in the activities that receive no government funding. The club members also feel lucky to be able to do what they love in such a beautiful facility.



If you don't play bridge or you are not a crafts person, don't worry - the choices are almost endless. Also at your own home, you could hold your own garage or bake sale, car wash or BBQ. You could even host a reception or dinner and encourage your guests to make a donation to Momiji.

Please contact our Economic Development and Donor Relations office (sheri-lynn@momiji.on.ca or 416-261-6683 x 259) as part of your early planning.

We are here to help and upon approval of your idea, we can provide you with our logo for your printed material and we can even help promote your event.

Bazaar Mania Begins Again

The Momiji Community Bazaar is being held on **Saturday, March 28th, from 12:00-3:30 p.m.** The Bazaar continues to be Momiji's largest annual fundraising event and a much-loved community tradition. This year promises to be our best ever -- filled with fantastic and valuable bargains, a gorgeous silent auction, and of course the delicious freshly-prepared food: sushi, chow mein, manju, karinto, gourmet hot dogs, homemade pies, and much more! The Bazaar has something for the whole family to enjoy.

Introduced last year, our very successful "Collectibles (definitely Vintage...and possibly Antique) Corner" will be back in a new location. Stop by and find a treasure or two. For those who wish to support Momiji and have their vintage collectibles enjoyed by an entirely new generation, please consider donating items such as your vintage linens (including Japanese furoshiki, tenugui, noren), kitchenware (Corningware/Pyrex), packaging (those old cigar boxes), cornflower crystal, and vinyl records of the 1950s, 60s, 70s and 80s American and British bands and solo artists.



We hope the community continues to support Momiji with donations of Japanese goods, handicrafts, housewares, books, toys, china, houseplants and of course delicious home baking and manju (both quickly becoming lost arts these days). We also rely heavily on volunteer support to help on the day of the Bazaar and on the days before, with sorting of donations, our famous "sushi bee" and "manju bee," and set-up.

For more information on donating items or volunteering, contact Jovel at 416-261-6683 x234, jovel@momiji.on.ca, or Lee at 416-261-6683 x224, lee@momiji.on.ca.

Christmas Appeal Reaches \$40K

Thanks to you, our incredible donors, our Christmas mailing raised over \$40,000 for Momiji's Programs and Services! Your generosity couldn't have happened at a better time since last year alone, Momiji tenants and community clients received over 55,000 days of personal support services from our caring staff and over 47,500 hours of EPC activities were delivered. Unfortunately, as our population here at Momiji and in the community ages, we only expect these numbers to increase.

❁ Happy Holidays from Momiji



Get involved in some friendly and fun competition, while raising money for Momiji

Join us on Saturday, May 9th for our 10th Annual Fundraising Bowlathon. Ten pin and 5 pin bowlers of all levels are welcome! As usual, there will be door prizes, hidden score prizes and a strike pot. Dinner and refreshments will be served after bowling at the Momiji Centre. So gather your family, friends and colleagues and start forming your teams now and become part of this momentous occasion. Check our website and Facebook page for updates as they become available."

Education Programs



Maxine's Goodbye

One of the regular features of The Principal's Office has been Farewell where I say good-bye to instructors who are leaving us. Of all the farewells I have written this one is the hardest. It's my turn to say farewell. Farewell to the students, instructors, staff and residents. It has been such a pleasure to interact with each and every one of you. Who would have thought when I joined Momiji that I'd still be here 12 years later, that I would have made so many friends, that it would have become such a big part of my life? But all good things must come to an end. It's time for me to retire, to take courses instead of organizing them. So it isn't really farewell but see you later. I'll be there in the spring. I hear there are some really good courses at Momiji.

Welcome Donna

While we're all sad to see Maxine Rehder retire, we do have some good news... we've found just the right person to step in and take over the role of Momiji's Education Coordinator! Meet Donna Sato, a cheerful, creative, friendly and efficient Japanese-Canadian sansei who's ready to take on this new challenge. Of course, many of you already know Donna, because for the past four years she's been Momiji's Community Programs Worker, working with very frail seniors at Castlview-Wychwood Towers downtown and at Macassa Lodge in Hamilton. Before that, she was a Momiji volunteer. Now, Donna is coming here to Momiji Centre to take charge of our Education and Leisure Programs. When you see her, please give her a warm welcome... and wish her luck, too, because she's got some big shoes to fill!



From the Principal's Office

Bones & Balance

Toni Blay joined us for the winter session as instructor of the new course, Bones & Balance. Her teaching style, expertise and ability to modify moves to meet the students' needs combine to ensure that students of all levels will benefit from her class. She is a wonderful addition to the education program.

Tango with Tots

This new course is a must for caregivers, parents or grandparents and children 2-6 years old. It's a win-win opportunity designed to provide quality time with

your young ones while getting fit. Dawn D'Sa, our Zumba instructor, ballroom dancer and mom makes this a fun interactive experience for adults and children. You might want to borrow a child just to participate.

We've Got Talent

Two of our instructors recently received some much deserved recognition. At the fall Art Guild of Scarborough show, Melinda Calway, our Drawing & Watercolours instructor won an award at the critiquing and an honourable mention for her watercolour painting. Obviously

recognized for its quality it was one of the first paintings to sell at the show.

At the World Association of Floral Artists, Rosemary Passifume-McLean was awarded 4th place among 20 best world-wide florist competitors in 'Spontaneous Approach imposed' category. This involved creating a floral arrangement from a surprise package of materials. For me, their greatest talent is their ability to teach what comes so naturally to them and get such amazing results from their students.



Caregiver Support

Hiring a Caregiver

We know how difficult it can be to figure out how to get your spouse, parents and other senior family members the care they need. Whether you need temporary or long term caregiving support, it can be emotionally, mentally, physically and logistically overwhelming because you want to be certain you're making the right decisions. And you know you are not simply hiring an employee; you are searching for a caregiving partner.

To help you in your search, we have provided brief descriptions of the most common home care service options available to seniors living in Toronto and the GTA.

Community Care Access Centres (CCAC)

In Ontario, the CCAC brings government paid services to seniors in their homes. The CCAC does not provide the home care services themselves, but will contract out the services needed. The CCAC also arranges various community-based care for seniors. Anyone can contact the CCAC for information or for a referral.

Advantages:

Many CCAC services are paid for by the Ontario Government. Offers access to senior-specific professional advice and guidance.

Disadvantages:

The amount of care you are eligible for is determined by a CCAC coordinator and may be different from what you feel is needed.

Private Care Agencies

Most private care agencies offer both medical and non-medical services. Many of these agencies are franchised and some are US based. Legitimate agencies will carry insurance and pay their staff fairly. For more information on the types of agencies and services provided contact Keiko Hoshi, Momiji's Client Intervention Worker at Keiko@momiji.on.ca or 416-261-6683 x249.

Advantages:

Agencies do the work of quality assurance, such as screening and verifying credentials of medical and non-medical staff, as well as manage their supervision. There are many services to choose from and service delivery is guaranteed (no disruption for sick or vacation days).

Disadvantages:

The cost for medical and non-medical services is expensive. The caregiver provided will change from time to time; in some cases every day, which may cause continuity of care issues. The quality of care varies from agency to agency and staff person to staff person.

Live-in and Other Direct Hire Caregivers

This is when the caregiver is contracted directly by the senior or their family/friend. This arrangement is seen as a more affordable alternative to hiring a private agency. Both live-in and direct hire caregivers are set up as employees with payroll remittances to the government. They would also need to be covered by WSIB and have a Vulnerable Sector Screening Program (Police Reference Check) and be bondable. There are also "under-the-table" arrangements where no record keeping is done and payments are made in cash directly to the caregiver which is illegal in the Province of Ontario.

In all instances, it is essential that caregiver applicants be thoroughly interviewed, screened and have references checked. Credentials must be reviewed and validated. Please note that many caregivers could be foreign-trained healthcare professionals but their credentials may not be recognized in Ontario.

Advantages:

Can result in cost savings. With the same caregiver, there is less disruption for the senior and reduced potential for continuity of care issues. Possibly less miscommunication since communication and supervision is directly between the caregiver and the senior or family/friend.

Disadvantages:

The significant responsibility for screening, verifying credentials and supervising falls on the senior or family/friend. Caregivers are not supervised by an outside accredited organization. There are gaps in service delivery when the caregiver is sick or on vacation.

In summary, there are many options, pros and cons to finding caregivers for your loved ones, but we recommend putting safety first. The priority consideration is whether this caregiver can provide the care with safe technique in physical, mental and psychological aspects.



All Things Momiji

What Is Momiji?

By Birgitte Robertson



The more people you ask the more answers you are likely to get. This is because Momiji is different things to different people. We have long prided ourselves on the continuum of programs and services we offer to older adults in their later years. We have worked hard to grow and change in response to the areas of greatest need.

In the coming year we will work on how we can secure the future of Momiji during a time where healthcare funding is shrinking. We are swimming against the health care funding current and Momiji is determined to guarantee that we have enough funds to have a better tomorrow.

Passages

Sincere condolences are extended to the families of the following who passed away between August 1, 2014 to January 31, 2015:

Momiji Seniors Residence

Ted Yukio Aida
Catherine Ritsuko Kumamoto
Toshio Mori
Sadako Nakamoto
Roy Tsuda

Castleview-Wychwood Towers

Yoshi Igashira
Ryozo Kobayashi
Shigeo Kondo
Masayo Tsujiuchi

Macassas Lodge

James Kamibayashi

100 Year Milestones

Momiji is thrilled to celebrate two more tenants joining the centenarian club. We wish happy 100th birthday to:

- Mrs. Namiko Okayasu
- Mrs. Yasuko Shimoda

Calendar

Upcoming Events

Saturday, March 28
Momiji Annual Bazaar
12:00 – 3:30 p.m.

Early April 2015
Income Tax Clinic for Low Income Seniors
To register call Keiko Hoshi at (416) 261-6683 x249.

Saturday, May 9
10th Annual Bowlathon
Make it a family day, reunion of friends or team of colleagues.

FAQ for Momiji Staff

Q: We are downsizing and have a large collection of books. Could the Momiji Library use some of them?

A: Previous donors have been very generous and we now have a nice selection of reading material in our Library. However, we still welcome current magazines, books by Nikkei authors, up-to-date health and self-help books, and recent fiction and non-fiction books. Any excess or duplicate books will be saved for our annual Bazaar every March. Book donations may be left with Scott at the reception desk.

We invite volunteers, members, visitors, tenants and staff to borrow books or just drop by and browse.

Yes! I would like to support Momiji Health Care Society with my gift of \$ _____

Name _____

Street _____ City _____ Prov _____ Postal _____

Telephone _____ Email (You are giving MHCS permission to contact you) _____

I wish to pay by:

VISA MasterCard Cheque (payable to Momiji Health Care Society)

Credit Card Number _____ Expiry Date _____

Name on Credit Card _____ Signature _____

I wish my gift to be anonymous. Please send me information on how I can create a legacy

I would like to make a monthly gift of:

- \$5
- \$10
- \$15
- Other \$ _____

Credit cards or pre-authorized gifts are processed on the 15th of each month. Simply complete and return this form to start your monthly donation. You can stop at any time by contacting our office.

Mail your gift to 3555 Kingston Road, Scarborough, ON M1M 3W4, call us at (416) 261-6683 or donate online at canadahelps.org.
Donations \$20 or more will be receipted