

THE SECOND MILE

A division of Kensington Health



The Second Mile Club is a multicultural community care organization, dedicated to enhancing the social, intellectual and physical well-being of older adults, and adults living with disabilities.

RECREATION CENTRES



At the Second Mile Club we offer a wide variety of programs and services for older adults, age 55 and over, and adults living with disabilities.

The goal of the Second Mile Club is to support people to live at home longer in the community, and increase quality of life. Our drop-in recreation centres are spread across five locations in Toronto and offer the following:

-  Educational programs
-  Health programs
-  Social activities
-  Sports & fitness
-  Cultural programs



OUR LOCATIONS

SECOND MILE CLUB PROGRAMS



Adult Day Program

Our Adult Day Program is specialized for caring for adults living with disabilities, and adults with diseases such as Parkinson's, Alzheimer's and Dementia. The program includes a variety of physical and social activities hosted in a safe and supportive environment. The Adult Day Program is open Monday to Friday.

Fees apply for meals & transportation.



Congregate Dining Program

Our Congregate Dining Program provides our members with a hot and healthy meal shared with fellow members at the Second Mile Club. This program increases socialization and allows members to enjoy a unique dining experience. Congregate Dining is available every Wednesday at our Kensington Gardens location.

Fees for meals apply.



SECOND MILE CLUB SERVICES

Caregiver Support

We provide caregivers with training, information and education to increase their knowledge of care management, community resources, and health issues. We also offer holistic psychosocial support to decrease compassion fatigue and caregiver burnout.

Case Management

Comprehensive case management support is provided to clients living in the community. We offer services including financial management support, housing, psychosocial support and palliative care.

Friendly Visiting

Our trained volunteers visit clients regularly in the community to provide respite to caregivers, and to socialize with clients.

Security Check / Telephone Reassurance

Daily contact is provided to clients who are isolated and need additional support to ensure they are healthy and safe. This program also helps clients who may be experiencing loneliness.

Medical Escort

We provide trained volunteer escorts for medical appointments. We require 48 hours' notice prior to an appointment to ensure availability.

Home Help

We provide relief for caregivers to help reduce compassion fatigue and caregiver burnout. We offer light housekeeping, laundry, assistance with grocery shopping and meal preparation. The service is provided by Personal Support Workers (PSWs).



HELP SUPPORT THE SECOND MILE CLUB



Second Mile Club needs your help to continue providing exceptional community care to the individuals we serve.

Your generosity will go towards increasing socialization, independence and healthy living for Second Mile Club members.

\$50 can support up to five meals for our congregate dining program.

\$100 can support eight hours of home help or respite care for caregivers and clients in need.

\$500 can buy art supplies for Second Mile Club's art program.

\$1000 can provide 200 round trips for clients to go to their Adult-Day-Program.

\$5000 will help enhance the fitness equipment for all of the five Second Mile Club branches.



CONTACT US



Call: **416-597-0841**

Website: **kensingtonhealth.org**

