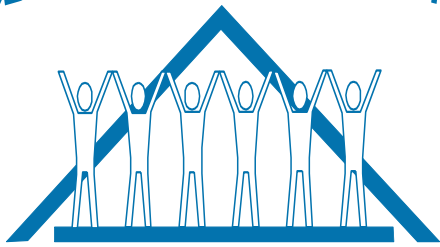


ST. JUDE COMMUNITY HOMES



TOGETHER IN COMMUNITY WE SUCCEED

Hey Jude!

February 2015

Volume 22 Issue 3

In This Issue:

Editorial: The Heart of the Matter

By Mare Bock



Since February is heart month I thought it would be appropriate to write about love particularly as it relates to this community. This is very important because without a sense of caring there can be no sense of community.

When thinking about the connection you've built with your community members, remember these 9 truths of a healthy relationship to keep them feeling loved and appreciated.

1. Remember to say "Thank you." People generally enjoy saying or doing nice things for others, and tend to do it without expecting to be thanked for it. However, we all know how great it makes us feel when we are recognized for our efforts.

2. Celebrate their successes. This is an age-old principle of thinking of others before yourself. If you do so, then you will probably notice the great things

members of your community are accomplishing. Congratulate them and share their successes with others too.

3. Be a good listener. It is said "Seek first to understand, then to be understood." Great relationships are also built on the idea of give and then perhaps get. Invest in your community by listening and understanding their needs.

4. Ask for their opinion. There probably isn't a person alive who doesn't like being asked for their opinion. Collaboration on a project or idea always produces a better end result.

5. Don't forget about the little things. Sometimes it is the smallest of gestures that can mean the most to someone. Focusing on the little things that matter can show a person that they are indeed worth your time.

6. Be patient. In any relationship, making things work means working through the occasional misunderstanding or frustration with one another. It's important that you take a step back and look at every challenge from the other's point of view. Your

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patience and willingness to try to understand will be appreciated.

7. Admit your mistakes. Nobody is perfect, and holding onto your pride will never do you any favors. You will make errors but, while members may be disappointed, your community generally has the ability and willingness to forgive. Be quick to admit your mistakes and be genuine in asking for forgiveness.

8. Share a common passion. Finding a common passion, something you both enjoy doing and talking about, creates the strongest bonds.

9. Show respect and gain trust. The strongest relationships are built on mutual respect and trust. Be willing to respect the views of

Continued On Next Page...

others even though you may not entirely agree with them. Being willing to compromise, or give and take, will help you demonstrate respect and earn trust.

Happy loving!

New Year's Eve Drop-In

By Debbie

Fifteen residents gathered in the lounge for a New Year's Eve drop in at Dundas that included sweet



treat refreshments, music and fellowship.

In talking about highlights of the last year, several residents cited spending time with family as their most memorable moments, including time with children and grandchildren, a new niece and visiting a pet cat in the care of a friend. A couple of residents commented on the wonderful new faces at St. Jude's, and one said how much it meant to them to present the "see you soon" card to Angela at the AGM, who is now on a health leave.

Some mentioned how the weather impacted them over the year, one cited a trip to Las Vegas and another stated being very pleased in having a cleaning lady. Aldene told a couple of Christmas jokes:

1) What nationality is Santa Claus? – North Polish.

2) How much does Santa's sleigh cost? – Nothing, it was on the house.

When asked what folks were looking forward to in the New Year, they said peace, happiness and good health. One hope was for fewer dental appointments in the New Year, with another hoping for an air purifier for his room. Other goals for the New Year mentioned were: saving more money, seeing their mother more often, getting to the library more often, finding a good job, celebrating their next birthday and becoming a yoga teacher. Some other hopes included: going for more walks, hoping for positive change and staying in a hotel in Toronto.

A few exciting hopes included being where the sun shines 24 hours a day, seeing the Northern Lights, racing a go cart, seeing the Nutcracker ballet, learning to drive a car, and attending a water park this summer.

Several residents predicted a good year coming and a hope that positive things will happen. The Leafs were not left out and it was predicted there will be no Stanley Cup for them again next year. It was mentioned that we are hoping to see more new faces at St. Jude's.

Auld Lang Syne was read in it's original version, and some Irish toasts were given, such as:

*Wishing you a rainbow
for sunlight after showers-
Miles and miles of smiles
for golden happy hours-
Shamrocks at your doorway
for luck and laughter too,*

And a host of friends that never ends.

May God give you...

*for every storm, a rainbow,
for every tear, a smile
for every care, a promise
and a blessing in each trial;
for every problem life sends,
a faithful friend to share,
each day your whole life through!*

*May love and laughter light your
days, and warm your heart and
home.*

*May good and faithful friends be
yours, wherever you may roam.*

*May peace and plenty bless your
world, with joy that long endures.*

*May all life's passing seasons,
bring the best to you and yours!
for every sigh, a sweet song,
and an answer for each prayer.*

*May the road rise up to meet you
May the wind always be at your back
May the sun shine warm upon your
face;*

And rains fall soft on your fields

Until we meet again

*May God hold you in the
palm of his hand.*

The Benefits of Libraries

By Philip St.

Some residents enjoy reading, watching DVDs, listening to music, and surfing the internet. Most people know you can access these things through the Toronto Public Library, especially books

and magazines. But few people realize the range of material the Toronto Public Library has available, nor the ease of which it can be accessed. The library is a great place to borrow books for free, as well as movies, magazines, and music. It's also a great way to surf the internet, and copy and print material. Finally, it's a quiet place to hang out and read or do research.

To use any service at any Toronto Public Library, all one requires is a library card. To get a library card, one must simply bring in photo identification as well as proof of address such as an ODSP stub. You get the card on the spot, which is good for one year, after which you have to renew it simply by bringing in the same identification.

Once you have a library card, you can use it to reserve material from any branch throughout Toronto—as well as items in your local branch. You just go to www.torontopubliclibrary.ca and log in using your card number and the last four digits of your phone number. From there, you can type in the name of any item you're looking for, and pick it out from out of the search results.

While this may seem daunting, it's simple to do once you've learned



how. You can always ask a librarian to help you. You can also call any branch (or the Answerline

at 416-393-7131) or go into any branch in person and ask the librarian there to look up and place a hold on any item you're looking for. Once the item is placed on hold, it is sent to your local branch, and the library will call you once the item has arrived.

You can borrow books, CDS, CD-Roms, picture collections, or pedometers for three weeks. For periodicals, magazines, VHSs and DVDs, it's one week. If you want to keep your item longer, most items give you the option of renewing them. The Toronto Public Library has over 12 million items in its collection. You'd be surprised what popular titles you can find. Anything from the latest *Transformers* movie, to music by the Black Eyed Peas, for example.

You can also visit your local branch to use the internet, or print or photocopy material. Not only do all TPL branches have free WiFi, but they also have many computers which you can use. You can also take free tutorials on using computers and the internet. There is a small cost per page for photocopied and printed material.

Finally, the library offers a variety of drop-in programs. At the Parliament Street Library, for example, these range from *Family Movie Matinee* to *The History of Our Music*. If you're interested in looking at their event calendar for any given branch, you can go to TPL's website and scroll over ``Programs, Classes and Exhibits``, or simply visit your local branch.

Once again, if you're looking for free entertainment, answers to any given question, or simply a way to fill your time, you can always drop by your nearest library branch. For residents of Dundas and Milan that's the

Parliament Street Library near Gerrard and Parliament. For Gerrard street residents, it's the Gerrard/Ashdale branch near Coxwell and Gerrard.

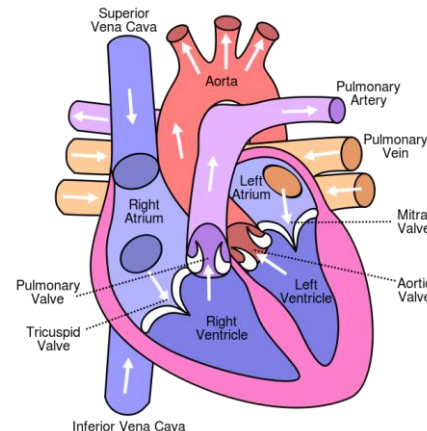
Wellness Group: The Circulatory System

By Aldene

Ten people attended a Wellness Group at Dundas on January 17th. It was facilitated by Debbie, and the subject was the circulatory system, the excretory system, and smoking and cardiovascular disease. The source of information for the group was the Franklin Institute (www.learnifi.edu).

The Circulatory System: The heart, lungs and blood vessels work together to form the circle part of the circulatory system. The pumping of the heart forces the blood on its journey.

The body's circulatory system really has three distinct parts: pulmonary (lungs) circulation, coronary (heart) circulation and systemic (the rest of the system) circulation. Each part must be working independently in order for



them all to work together. Systemic circulation supplies nourishment to all of the tissue located throughout your body, with the exception of the heart and lungs, because they have their own systems. Systemic circulation is a major part of the overall circulatory system.

The primary function of the respiratory system is to supply the blood with oxygen in order for the blood to deliver oxygen to all parts of the body, we learned.

The respiratory system does this through breathing. When we breathe, we inhale oxygen and exhale carbon dioxide. This exchange of gases is the respiratory system's means of getting oxygen to the blood, according to the web site.

Pulmonary circulation is the movement of blood from the heart to the lungs and back to the heart again. This is just one phase of the overall circulatory system.

While the circulatory system is busy providing oxygen and nourishment to every cell in the body, let's not forget that the heart, which works hardest of all, needs nourishment too. Coronary circulation refers to the movement of blood through the tissues of the heart. The circulation of blood through the heart is just one part of the overall circulatory system.

Serious heart damage may occur if the heart tissue does not receive a normal supply of food and oxygen, said the web site. The heart tissue receives nourishment through the capillaries located in the heart, according to the web site.

The Excretory System: Liquid waste is removed from the body through the kidneys. Located beside the spine in your back within your rib cage, the kidneys

are small (about 10 centimeters long) reddish brown organs that are shaped like beans.

Smoking And Cardiovascular Disease: There are several cardiovascular diseases linked with smoking, according to the organization Quit SA.

There is coronary heart disease, stroke, peripheral vascular disease, and cardiovascular disease (CVD). Research has shown that smoking could be a factor in diabetes, may cause problems with wound healing, and is a risk factor for age related macular degeneration of the eyes.

Carved In Stone

A Song By John R.



*Candy's nice
So is rice
I drink milk
I wear silk
Socks are clean
Chase away the dream.
I be good
Not made of wood.*

*I can be anywhere I please
If I pray.
Take away dreams
That don't come clean
I like my life that way.*

*I am straight
I like to bake
Don't be late
Please be here
Please be here
I love you my dear
I am here, bend my ear*

*Hope is hard to discard
Once the way is known
Truth is in the past what will last
Because it's carved in stone.*

My Volunteer Work: Douglas

I have been volunteering for the Arthritis Society of Ontario for 14 years. I work in the fund raising department, doing mailings of fund raising letters and tax receipts, usually on Wednesdays. My work mostly involves stuffing envelopes, but in the past I have also done sorting, faxing, photo copying, checking lists, and putting together information packages. Many of the people who donate to the Arthritis Society have this disease, or know someone who does. We also get donations from corporations, and we have an annual fund raising walkathon.

The volunteer work I do saves a lot of time for the staff, informs the public about arthritis, and helps raise funds for the agency. I do a professional job when I'm there, I am flexible in terms of what tasks I do, and I work quickly and accurately. I'm also happy when I'm working, and this affects other people in the office.

What I like about volunteering is that it's a social activity, and I'm giving something back to the community. It also gives me a sense of self worth by helping others, and I like supporting an organization that is trying to improve people's health and quality of life.

Volunteering is important for my own journey of recovery, and I have learned a lot about arthritis along the way. As an example of that, I recently attended a family meeting for my own mother when

she was in the hospital. The doctor was describing her symptoms, and I said, "That sounds a lot like arthritis." It turns out that this is what she had.

In the past, I have participated in research projects at CAMH, and I've volunteered at a synagogue.



Years ago I worked as a car lot attendant, a security guard, a cleaner, and in the bindery department of a large printing company. I am now looking for work as a security guard.

Limericks, A Poem and Riddle

By Aldene

Limericks:

*Another New Year has begun,
So try to have a lot of fun:
Making resolutions,
Keeping resolutions.
See how easy it can be done.*

*So once again it's a brand New Year.
With both of your ears, you soon
might hear*

*Cupids dancing,
Loved ones prancing,
So please enjoy some really good
Cheer.*

A Poem:

*They tried to spread a lot of love
With plenty of help from above;
In good old days of yore
Regarding old folk lore:
To stop a lot of the sorrow
Cupids shot their bow and arrow.*

Riddle:

*Q: What is black and white and
read all over?*

A1: A newspaper.

A2: A blushing zebra.

*A3: A penguin with a bad case of
sunburn.*

Places and Ways to Get Exercise

By Philip St.

Exercise is a great way to stay healthy. Even a short amount of moderate exercise can help you lose weight, improve your health, and help you go to sleep more easily. The more exercise you do, the better you'll feel.

I researched the benefits of exercise using the Public Health Agency of Canada's website (<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>). According to the website, "People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury." The website recommends you start slowly, and gradually work in more exercise into your day. It can be "planned exercise, active forms of transportation like



walking and biking, as well as recreation or sports."

There are many different ways residents can exercise, both at St. Jude's and in the neighbourhood. You can always do sit-ups, push-ups, crunches, jumping jacks, etc. in your apartment. You can use dumbbells to exercise your arms, and if you don't have this equipment you can use something like heavy books or food cans instead. If you want an easy way to get exercise at St. Jude's each day, simply take the stairs instead of the elevator. There are often walking activities on the weekend, and there's a stretching group every Friday at 4:45 pm.

I called Diana at Gerrard Street to find out what kind of exercise the residents do there. She told me they have a dance activity called "Zumba" as well as yoga sessions.

If you feel like going out to exercise you can always walk or jog around the neighbourhood. My brother and his friend usually go jogging at least once a week.

Of course, if you feel like being adventurous and going out to exercise, you can always try a City of Toronto recreation facility. There are a few within close walking distance to residents in any building.

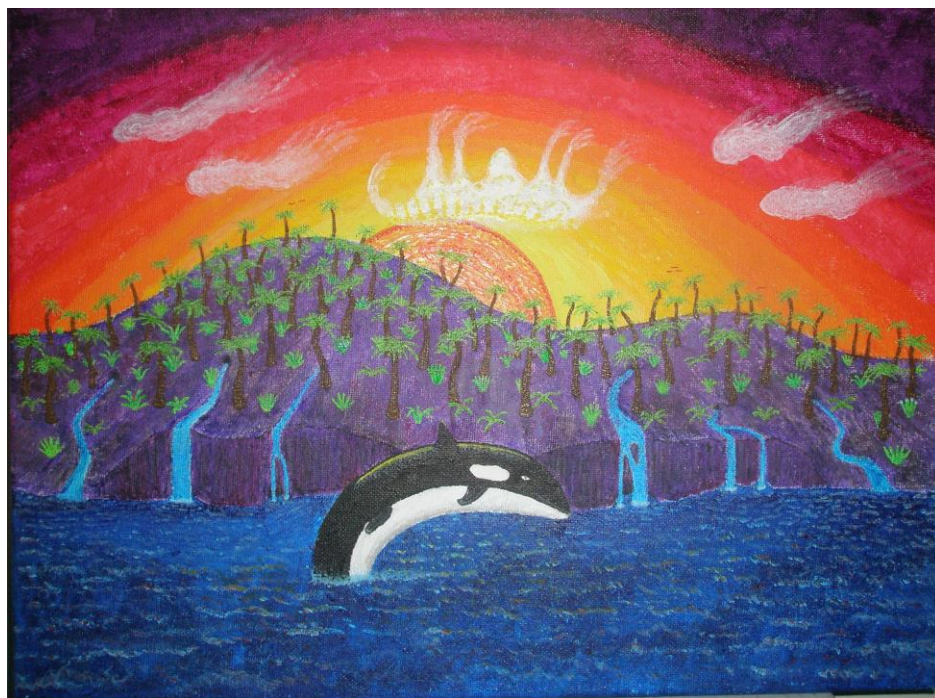
If you feel like swimming you can go to the Regent Park Aquatic Centre, or any other pool in Toronto. The pool is on Dundas on the north side, a few blocks east of Parliament. Nearby, you can visit the Regent Park South Community Centre, located on Sumach St. just south of Dundas, a little west of River St. This centre has a weight room and a gym. Alternatively, the John Innes Community Recreation Centre, located on Sherbourne St. just south of Shuter, has some programs such as drop-in sports, and sports instruction.

There are two community centres close to the Gerrard site. The Fairmount Park Community Centre is at 1757 Gerrard Street East, near Bowmore Rd. The other is Main Square Community Recreation Centre. It's found at 245 Main Street which is in Main Square just north of Danforth Ave. Both offer a variety of drop in and instructional programs. You can always pick up a copy of their program guides or go to Toronto Parks and Recreation web site to find out the programs being offered by any recreation facility.

Of course, attending some recreation centres or swimming pools costs a small fee. However, the city of Toronto has a kind of membership policy called the "Welcome Policy." Basically, anyone receiving the Welcome Policy gets credit towards any City of Toronto recreation centre or swimming pool fee. As of 2015, you get \$230 worth of credits a year. Anyone on ODSP or CPP Disability can apply for The Welcome Policy. For more information or to apply, you can call 416-338-2000 or go to Toronto Parks and Recreation website.

Paradise Sunset

A poem and painting by Fred



*Warm gentle breeze blows,
An island filled with palm trees,
Calm waters beneath.
Looking upon it....
Gazing to infinity....
Sight that never ends.*

*Jumping killer whale
Moves the ocean with passion:
A thought of freedom.*

*Tropical birds fly.
Hear their song in the distance,
Beauty to the ears.*

*Colours ignite skies.
The sun goes down amidst
clouds,
Peaceful and tranquil.*

*Love wins all battles,
Whether we know it or not,
Time and space unite.*

*Blazing sky alight,
Nature sings its lullaby....
Paradise Sunset.*

Pictures From The Christmas Karaoke Party



Neil



Sonia



Susan

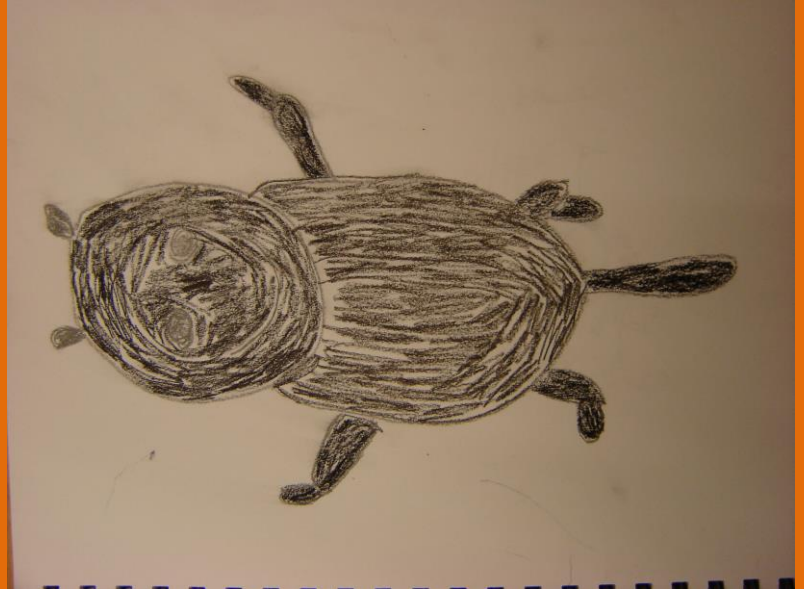


Mike



Joanna and Sarah

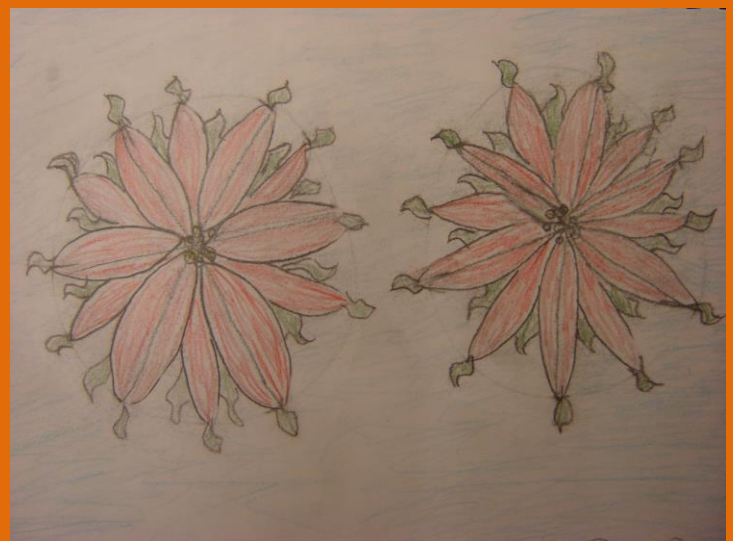
Artwork By Residents



A cat, by Catharine



Picture from a magazine
by Sarah W.



Two poinsettias, by Catharine