

ST. JUDE COMMUNITY HOMES



TOGETHER IN COMMUNITY WE SUCCEED

Hey Jude!

April 2015

Volume 22 Issue 4

Editorial: The Benefits Of Spring Cleaning

by Shannon



Spring is (technically) here! And it's time to get to work. Personally, I don't tend to make New Year's Resolutions, but there's something about the arrival of spring that makes me want to get organized, get active and start making healthy changes in my life.

One of the first things I do is clean. I know, I know. It sounds boring and tedious and not an especially fun way to spend an afternoon. But a solid spring cleaning can clear the way for all the wonderful things that summer can bring. For some (myself included) it's a therapeutic process. Over the years we've acquired a lot of things (some might say junk), and this can actually weigh us down. Chaos and clutter and too much "stuff" in our homes can lead to stress and

can make it difficult to be productive and feel relaxed.

Our home should be an oasis. It's a getaway from the world where we unwind at the end of the day, rest up and recharge for tomorrow. And so it's important to take pride in your personal space, keep things clean and tidy, and to also surround yourself with items that bring you joy rather than piles of old papers and broken electronics and clothes you don't wear.

Start with opening up those windows and let some fresh air in to banish the winter dustiness away! Then pick a part of your apartment to tackle. I like to start with the kitchen. Head into the fridge and toss out the jars of science experiments that have been gathering at the back. Wipe down the shelves and make room for all the healthy fruits and veggies you'll be buying. Do your dishes, clean off the counter, wipe down the inside of your microwave. Voila! Perhaps with this clean slate you'll feel more motivated to make your signature homemade lasagna!

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From there, move to the washroom. Scrub that shower, empty your garbage, and go through the products you've stockpiled under the sink, and purge the items you don't need, don't use or are expired. Head to your closet and go through your wardrobe, donating clothes that you don't wear and are in good condition. Those that aren't in good condition? Trash 'em, or cut them up and use them as rags (to further assist with your spring cleaning!!) If your closet and drawers are organized, your clothes will be easier to access and getting ready in the morning will be a breeze.

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Sweep, mop, vacuum, dust... you know the drill. But just take things one corner at a time. Put on some music and make it fun! Also, make sure you don't ignore any repairs that need to be done; the longer you wait to get something fixed, the worse the problem can get. Also, if something is broken, like an old radio, and can't be repaired (or you've been saying you'll repair it for years and still haven't), it's time to let it go.

Keeping a tidy apartment, and having a thorough spring clean, can also save you money. Maybe you didn't know that you owned three identical shirts, or that you had four extra tubes of toothpaste under your sink! When you take stock of what you have, you can be smarter about what you buy.

One final note: reduce, reuse, recycle. It might be tempting to just throw everything down the garbage chute and be rid of it. Instead, be mindful of things that can be donated! Also, educate yourself (or ask a staff member) on proper waste disposal. Batteries, light bulbs, and old nail polish are toxic to the environment and can't be thrown in the regular trash. Expired medication can be taken to any pharmacy for proper disposal, as well. Electronics also need to be properly disposed of, and the City of Toronto has a program that picks up those items.

There are so many benefits to spring cleaning. I promise after you're done you'll feel energized and less weighed down by "stuff". With your table cleared off, you'll be able to easily sit down and write that letter you've been meaning to send, or pull out your water colours and let your creative juices flow. With your floor cleared, you'll be able to pull out your yoga mat and do some

stretches before bed. And you'll be much more comfortable inviting folks over for a cup of tea or to watch a movie.

Just make sure to reward yourself at the end of the process. You've worked very hard and you've set some groundwork so you can fully enjoy your home.

Aging Group: Open Discussion

by Aldene

On March 15 we had an Aging Group that was an open discussion. One person said that here in Canada the federal government is considering a law on doctor-assisted dying (suicide) for people who are in a lot of pain, or other circumstances in which there is little hope of recovery. One person said a friend recently



had a near death experience recently but he is not afraid of dying.

Another resident said she has found inner peace each year since coming to live at St. Jude's. Another person said his nephews regard him as a "cool uncle," and respect him because when they were young he did not talk down to them, but rather spoke to them on the same level. They turned

out to be good young adults and they have developed a good relationship with their uncle.

One person said there is a warning for Ontario: as baby boomers (born between 1946-1965) age, there may be a shortage of funds for home care, and the government is cutting expenses in health care so hospitals send people home too quickly. However, some of these people end up back in the hospital and need more care, so in reality it is costing more.

For some people needing care at home, they end up needing to pay out of their own pocket, the group learned. According to a Toronto Star column that was presented to the group, there is a growing need for adult children to take into consideration their parents' wishes and abide by their decisions, for example in housing. Adult care can be very complex and difficult to navigate, the group was told.

Smoking Cessation Group: Addictions

by Aldene

A Smoking Cessation Group was held in early February. It was facilitated by Judy and attended by 3 residents. The following information was obtained from Hamilton Public Health Services. The group learned that some changes people experience after quitting smoking are:

- Within 20 minutes – your pulse and blood pressure return to normal;
- Within 8 hours – carbon monoxide levels in your blood drop;
- Within 24 hours – your chances of having a heart attack drop;

- Within 72 hours – you can smell and taste things better and breathing becomes easier;
- Within 2 weeks – your circulation improves and walking becomes easier;
- Within 1 year – you've cut your risk of heart disease in half.



The following information comes from CAMH. Addiction is a habit that is often hard to stop and that increasingly interferes with a person's life. The habit could involve a substance such as alcohol or a drug, or an activity such as gambling.

Not everyone agrees about the exact meaning of addiction, but the check lists for determining if someone has an addiction usually include these items, according to the CAMH material:

- The person cannot stop the substance use or the activity despite trying to stop over and over again.
- The substance or the activity has become the focus (or preoccupation) of the person's life.

The CAMH web site said that people develop addictions through a mixture of factors such as:

genes; the way a person's brain works; difficulties in their childhood; mental health problems; stress; and cultural influences.

The risk factors for addiction in youth include alcohol or other drug problems among friends and family members; poor school performance; poverty; family conflicts and chaos; stress; not fitting in socially; emotional, physical or sexual abuse, and experiencing discrimination or oppression. The CAMH web site says that protective factors that prevent youth from developing an addiction include: having a positive adult role model (e.g. a parent, relative or teacher); having good parental or other caregiver supervision; having a strong attachment to family, school and community; having goals and dreams; and being involved in meaningful and well-supervised activities (e.g. sports, music, volunteer work.)

When it comes to substance use, there are two kinds of dependences, according to CAMH. Psychological dependence occurs when a person feels he or she needs the drug to function or feel comfortable. Physical dependence occurs when a person's body has become used to the dependence of a drug. When tolerance has developed, this means that the person needs to use more of the drug to get the same effect. When the person stops using the drug, symptoms of withdrawal occur.

One person at the group said an aunt smoked until she was 70 years old and now is seeing many specialists for depression, emphysema, chronic cough, lung

disease, and pneumonia, along with other ailments. She did not quit smoking soon enough.

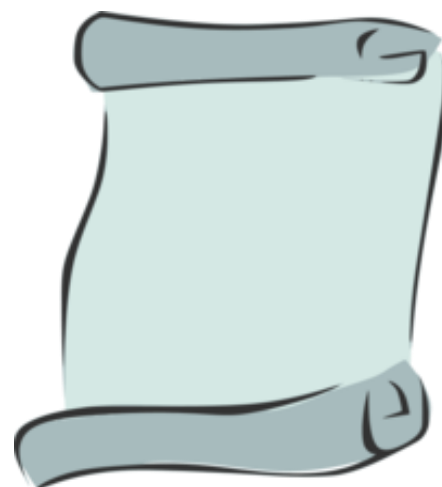
One person said that they are using an aid to quit smoking and has successfully cut their smoking in half.

Two Poems

by Philip St

Urban Blues

*An asphalt road, stained with
automobile excrement,
A soulless poem stained with
concrete euphemism,
A canopy of city dwellers, holed
up and scurrying, conscious only
of their destination,
A waking poet, wordless and*



*bereft,
A shining lamp that flickers out
with a single switch.*

An Empty Stage

*The empty stage is a house
without light.
It sits, waiting for players to return,
While naught but empty air frolics
above an audience of wood,
Beneath lightless lamps and blind,
spectating windows
Shrouded by the pitch black night.*

Preparing One To Five Hard Boiled Eggs For The Weekend

by Bob

You might like to have 1 to 5 hard boiled eggs on the weekend, so this is an easy recipe on how to make them.

What you will need are the following: large eggs, digital timer, medium or small pot – as long as it can hold 5 eggs covered entirely with water – a large bowl, and a tablespoon.



I recommend buying a good \$9 digital timer from the hardware store that can count both down and up. There are several reasons for this. You could use a wrist watch for this recipe, but for the 17 minutes the eggs are cooking, you would be fretting often and checking them every one or two minutes. However, with a timer you could relax, have a coffee, listen to the radio and then only when the alarm goes off you would go to the eggs – all without fretting. Furthermore, besides cooking, this timer can be used for physiotherapy and as a stop watch, and it has other uses.

Cooking Procedure:

Put 1 to 5 eggs into a pot – cold eggs from fridge;
Cover eggs with cold water – it must be cold;
Turn heat up to maximum high;
Set timer for 17 minutes and press START;

Kill time until the timer goes off.

After the alarm goes off you could cool down the eggs with cold water – my preference – or just put the eggs in a bowl in the fridge overnight. If you are cooling off with cold water do the following:

Turn off heat and put pot on a cold burner;

Using a tablespoon, transfer eggs carefully to a large bowl one by one;

Pour off hot water from pot into the sink;

Run cold water over eggs till all are covered;

Set timer for 17 minutes (in practice it's already set for 17 minutes if you set it for 17 minutes before and it counted down);

Press START.

After 17 minutes, pour off the water from the bowl and put the bowl in the fridge.

Enjoy!

Note: you can make devilled eggs now.

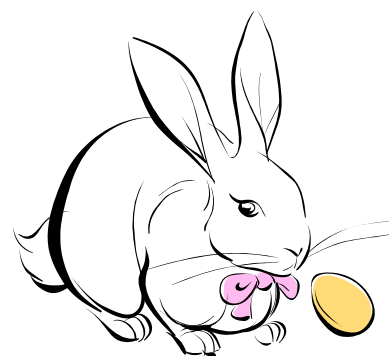


Limericks

by Aldene

Two Irish Limericks

- 1. Seeking a four-leaf clover,
Then please come right on over.
Searching high and low,
Finding some that grow
On the white cliffs of Dover.*
- 2. Do you believe in leprechauns?
They might even jump over ponds,
chasing rainbows, some they say,
Finding pots of gold, they may,
Hidden deeply inside are bonds.*



An Easter Limerick

*As someone sees a bunny,
If it is nice and sunny,
While singing sonnets*

*And wearing bonnets,
It might prove to be funny.*

A Limerick

*The charmer tries to enhance,
While the cobra does a dance.
On his wooden flute
He plays toot toot toot.
See it while you have the chance.*

Recipe For An Omelet

by Philip St.

Ingredients

1. One green or red pepper
2. One onion
3. Seventy-five grams of cheese (i.e. cheddar)
4. Three eggs
5. A bit of milk (Optional)
6. Cooking Oil

Directions

1. Peel and dice onion
2. Chop pepper
3. Grate cheese
4. Break eggs into a bowl, add milk, and mix together until blended
5. Add oil to a frying pan and turn pan to medium high heat
6. Add vegetables and let cook, stirring frequently, until onions are translucent
7. Remove vegetables from pan and add eggs

8. Let cook for a minute or two until the egg on the bottom has solidified
9. Add vegetables, fold half of the omelet over the vegetables, and cook for another 30 seconds to a minute.



Tomorrow Is A Way

by Joanna

Tomorrow is a way

Smell the flower before the petals fall,

Then take a drink and let the glass go empty.

Tomorrow is a way,

So fill your glass

And just enjoy!

Artwork By Residents



Catharine



A Splash of Spring, by Deirdre



Sarah W.

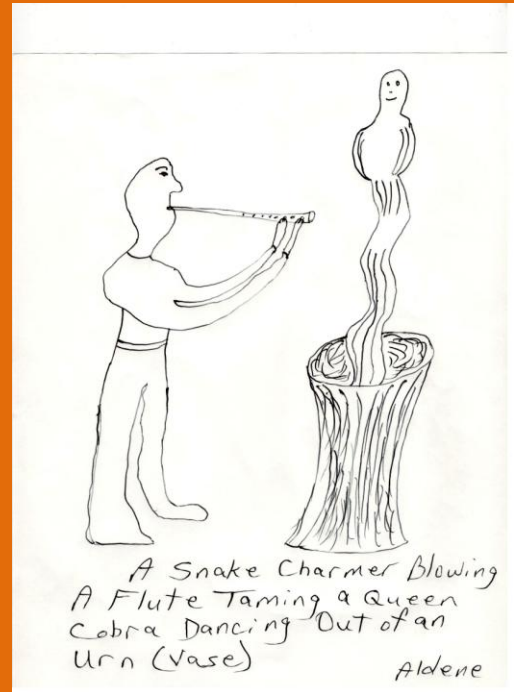


Fountain of Dreams, by Fred

More Artwork By Residents



Aldene



Aldene



Inspired by magazine picture, by
Deirdre