



Hey Jude!

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Resident Experience Survey

By Shannon

This summer St. Jude's asked residents to complete a Resident Experience Survey. We've been handing out similar surveys for a number of years, and what we're looking for is your perspective, as a resident, on how St. Jude's meets your needs. The survey looked at St. Jude's three core services, which are housing, food and supports.

The survey contained ten questions, which reflected the proposed Tenant Bill of Rights created in part by The Dream Team, which is a group of psychiatric consumer survivors that advocates for more supportive housing for people with mental health and addictions issues. This proposed Bill of Rights outlines what is believed to be the basic rights tenants should receive when living in supportive housing. For more information, visit their website at www.thedreamteam.ca.

Over 75% of residents re-

turned a completed survey, which is the highest response rate we've seen. The more people who take the time to fill out a survey, the better picture we have of what residents' experiences are while living at St. Jude's - so thank you to everyone who participated. The responses we receive can also influence programming and policies at St. Jude's, so please know that the comments and responses shared are all read and appreciated.

Overwhelmingly, the survey responses were very positive. The majority of submissions rated their experience as either "Yes/Always" and "Often" (rather than "No/Never" or "Rarely"), which tells us that most residents feel that St. Jude's is meeting their needs. You can see the results of the survey which are posted at both the downtown and Gerrard building sites.

There will always be new challenges, and we've learned that each of the four building sites have a unique set of characteristics based

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on things such as their location, the amount of onsite support and access to meal programs that need to be considered. Also, as new people move into St. Jude's and as our population changes, services and programming may need to adapt. Which is why it's important that we have a survey every year.

In conclusion, it's heartening to know that those living at St. Jude's feel that their needs are being met. Thank you again for your honesty and the time you took to fill out this year's Resident Experience Survey. See you again in 2016.

Time To Prepare For Flu Season

From Health Canada and the Ministry of Health and Long-term Care, Ontario

Influenza - commonly called the flu - is a viral infection of the nose, throat and lungs. It spreads easily from person to person.

Every year millions of Canadians catch the flu, usually in late fall to early spring. Some people are only mildly affected, while others get very sick.

Flu symptoms usually start suddenly with some or all of the following: fever or feeling feverish; cough; a sore throat; muscle aches and fatigue; loss of appetite; runny or stuffy nose.

Some people, especially children, may also have stomach upset and pain, vomiting and diarrhea. Not everyone with the flu will have a fever.

Most people recover from the flu in a week or 10 days. But others may develop serious complications, such as pneumonia, that can send them to hospital. The best way to protect yourself is by getting a flu shot every year.

Many people confuse the flu with a cold, but they are not the same. A cold infects your nose and throat, but the flu also affects your lungs. Cold symptoms—runny nose, sneezing, cough and sore throat—are unpleasant, but usually mild. When you have the flu, you feel really sick.

To avoid getting the flu:

Get the flu shot

- the most effective way to



protect yourself and your family from the flu

- every year Ontario's flu shot program prevents 30,000 emergency room visits and 200,000 doctor's office visits

Wash your hands often

- wash with soap and water for at least 15 seconds

- the virus can live on your hands for up to 3 hours even if you got the flu shot, so always clean them properly to avoid making others sick

Keep an alcohol-based hand sanitizer (gel or wipes) nearby

- must be at least 60% alcohol to be effective; wash with soap and water if your hands look dirty

Cover your mouth and nose with a tissue when you cough or sneeze

- cough into your upper sleeve if you don't have a tissue
- throw the tissue out right away — don't put it in your pocket or on your desk

Avoid touching your face

- the flu virus usually enters your body through the eyes, nose or mouth
- avoid holding your face in your hands or rubbing your eyes

Stay at home when you're sick

- viruses can spread easily in large crowds

Keep common surfaces and items clean and disinfected

- viruses can live on hard surfaces like countertops, door handles, computer keyboards and phones for up to 2 days.

If you get the flu

If infected, be sure to: stay home and get plenty of rest;

drink lots of fluids and avoid drinks with caffeine; take basic pain or fever relievers; treat muscle pain using a hot water bottle or heating pad — apply heat for short periods of time; take a warm bath; gargle with a glass of warm salt water or suck on hard candy or lozenges; use spray or saline drops for a stuffy nose; avoid alcohol and tobacco.

You can also call Tele-health at 1-866-797-0000 to talk to a registered nurse 24 hours a day, 7 days a week. You do not need to provide your OHIP number and all information is confidential.

You may need medication or other care to help you to get better.

A Reflection on Fall

By Natalie

I love the season of fall. It can be fun to do any gardening that needs to be done. Raking up the fallen leaves makes you think about nature. In the fall every year it's beautiful to see the trees outside changing colours. I remember when I was a child, I used to like playing in the leaves.

I slept over at my mom's recently, and we went to the Cabbagetown Festival. This festival has been up and running each September for over 20 years. The music was very entertaining, and there were even some people dancing. I bought a pair of earrings for myself. The children enjoyed

having fun on a couple of rides.

In the fall, Thanksgiving is a great holiday to celebrate with family. It's nice to say a prayer to God for all of the blessings He provides, and to say what we are thankful for in our lives. Each Thanksgiving my mom makes a delicious meal.

When it's Halloween, my mom and I are going out for dinner, and then we are going to sit outside of my mom's building and watch the children in their costumes as they go trick or treating. I remember as a child having fun when it was Halloween, getting dressed up in a costume. I also loved getting treats. When I was a child I dressed up for Halloween as a strawberry short cake and another year as a clown.

I hope everyone enjoys the season.

Liver Performs 500 Functions, Group Learns

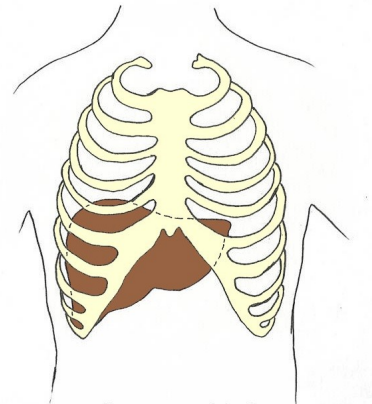
By Elsa

In a discussion group in August we talked about the liver and diseases related to it. The source of the information presented by Judy was The Canadian Liver Foundation, at www.liver.ca.

We learned that the liver processes everything you eat and drink, breathe in or rub on your skin. The liver's job is to cleanse the blood, regulate

the supply of body fuel, manufacture many essential body proteins, regulate the balance of many hormones, and regulate the body's cholesterol.

According to the Liver Foundation, the liver performs over 500 different functions including fighting off infection, providing the body with energy, and helping to clot the blood. The liver can grow itself back



to its original size when a piece is taken from it to give to another person in the form of a transplant.

The Greek word for liver is hepar, and this is why medical terms related to the liver often start with hepato, or hepatic. The web site said that many types of liver diseases have unknown causes, but the most common liver diseases are caused by the following:

- Viral hepatitis; there is hepatitis A, B, and C
- Obesity
- Alcohol
- Genetics
- Auto immune disorders
- Drugs and toxins

- Cancer.

Hepatitis A is contracted through contaminated food or water, the group learned. Hepatitis B is more infectious than HIV, and is spread through infected blood and body fluids. Hepatitis C is contracted through infected blood, and is a very common liver disease throughout the world.

In the group we also talked about fatty liver disease. Fatty liver disease is a result of excess fat in liver cells, and the most common cause of this disease in Canada is obesity. By choosing a healthy lifestyle you may prevent obesity and fatty liver disease.

The Canadian Liver Foundation provides the following suggestions for preventing fatty liver disease:

- Choose to lead a healthy lifestyle;
- If you are overweight strive for gradual and sustained weight loss;
- Eat a well-balanced diet that is low in saturated fats and high in fibre;
- Minimize sugar consumption and reduce the intake of fried foods;
- Introduce exercise into your routine at least 4 times a week;
- Avoid alcohol.

Government Defers Changes to ODSP Work Benefit

Adapted from a bulletin by the Income Security Advocacy Centre (ISAC)

Low-income people with disabilities across the province have won a big victory in a campaign to ensure that people on ODSP who work don't lose an important source of monthly income.

The Ministry of Community and Social Services has announced a hold on plans to change OW and ODSP employment benefits. This means the \$100 Work-Related Benefit for people on ODSP will not be eliminated in October, 2014 as previously announced. The Work-Related Benefit will continue to be



available for the foreseeable future, so people on ODSP who earn income from work, a training program, or self-employment will continue to get that money.

First announced by the provincial government in the 2014 provincial budget, a new Employment-Related Benefit would have replaced the Work-Related Benefit and six other employment benefits in OW and ODSP, starting in April of this year. It was subsequently

postponed until October 1. The newly-announced deferral means that all seven employment benefits currently available to people on OW and ODSP will continue to be available.

The ODSP Action Coalition and allies had been campaigning against the loss of the Work-Related Benefit since December 2014. At that time, ISAC and the Coalition created background information materials, held an information webinar, and asked for the input of people who would be affected. More than 500 people responded to that call. As a result, a report was written on the impact of the loss of the Benefit, which included the concerns of many that they would no longer be able to afford to work.

Since the campaign began, members of the Coalition met with the Minister of Community and Social Services, Helena Jaczek, as well as more than a dozen Cabinet ministers or their staff and the Opposition parties to present the report and discuss the impact of the decision. Coalition members and allies sent 600 emails to the Premier, the Minister, and Cabinet ministers and the Opposition. A petition with 1,500 signatures was read into the Ontario Legislature 7 times by both Opposition parties, who also asked pointed questions during Question Period. Many other groups and organizations wrote their own letters.

This victory demonstrates how important it is for people on social assistance to speak from their experience about how changes to social assistance programs will affect them, and for their allies to support them in that work. It also demonstrates the importance of government talking to people who will be affected by reforms in order to understand clearly what those impacts are and the real consequences for real people.

As the government moves forward with reforming OW and ODSP, we encourage all concerned Ontarians to continue to be actively aware of and involved in discussions about social assistance reform.

Lazy Cabbage Roll Recipe

By Susan

Ingredients:

1½ cups of long grain rice
1½ cups water
1 tsp salt
4 bacon slices chopped
½ cup chopped onion
19 oz jar of sauerkraut, drained

Instructions:

1. Put rice, water and salt in a sauce pan and cover.
2. Bring to a boil and simmer 15 minutes until cooked and water is absorbed.
3. Saute bacon and onion together in frying pan

until onion is soft and clear.

4. Add sauerkraut and stir.
5. Add rice and mix together.
6. Turn into 2-quart casserole dish.
7. Add 1 cup of tomato juice; cover with foil.
8. Bake at 350 F for 45 minutes. Serves 6-8 people.

Limericks

By Bob

Long ago I made a resolution
But I couldn't remember for a solution
I guess if I wrote
Myself a note
It would be some kind of revolution.

My visual art will doubtless attest
That my hand simply can't rest
Though my eye has perception
My mind has no conception
Of what strokes are the best.

A Halloween Limerick

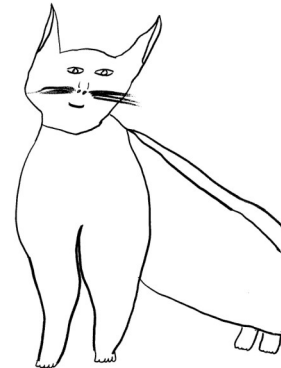


ing
Some dressed up
As a pup
Some you won't be believing.

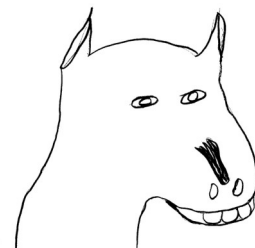
By Aldene

Soon it's
Halloween evening
Kids shall
be trick
and treat-

Drawings by Aldene



A Halloween Cat



A Horse's Head

Live Again Love Again

By John R.

Bright rays of sunlight
Dance on the sea
Restless winds are
Caressing me
Blue sky above me
Ocean below
Sail to adventure
Where I don't know
But it's time to
Begin to
Live again, yes, love again
Yes it's time to begin to
Live again, yes, love again.

Young dreams are growing
Inside my eye

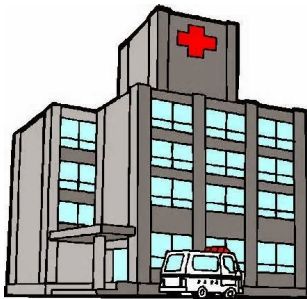
I got sensations
That make me fly
Race 'cross the seashore
Sleep in the sand
All of the world is at my command.

Yes it's time to begin to
Live again, yes, love again
Yes, it's time to begin to
Live again, yes, love again.

St. Michael's Opens New Clinic in Regent Park

From St. Michael's Hospital

St. Michael's Hospital has opened a new family health team clinic in Regent Park. The Sumac Creek Health Centre, which opened in early July, is located at 73 Regent Park Blvd., 3rd floor, a few blocks east of Parliament and near Daniels Spectrum. The



phone number is 416-864-3022.

The new clinic is staffed by a multidisciplinary team of physicians, registered nurses, nurse practitioners, registered dietitians, pharmacists, social workers and others. The clinic is in a new condominium building that is part of the Regent Park Revitalization of To-

ronto Community Housing.

In addition to core family health services, the clinic offers services tailored to the specific needs of the Regent Park, Moss Park and St. James Town communities, including intensive support for people with complex mental health, addictions and physical health issues who have traditionally experienced significant challenges accessing the services they need.

The clinic has on site services available to its patients that are either scarce or non-existent in the local community, such as laboratories for blood and urine tests, diagnostic imaging, physiotherapy and chiropody.

An estimated 10,000 adults in Regent Park, Moss Park and St. James Town do not have access to primary health care. The Sumac Creek Health Centre has already registered 1,200 new patients in addition to the 35,000 patients registered with St. Michael's existing five family health team locations.

Sumac Creek Health Centre is also the new home for the new FOCUS Team, which provides service coordination and individualized, multidisciplinary care to 190 clients with complex physical and mental health conditions and addictions.

"This new family health team is going to allow us to serve a group of patients and a com-

munity that has been lacking in services close to home," said Dr. Karen Weyman, interim chief of Family and Community Medicine at St. Michael's. "We are going to be engaged not just with our patients but with the community in providing seamless health care from home, to clinic to hospital and home again."

St. Michael's has the largest academic family health team in Ontario. Its other Family Health Team sites are the Health Centre at 80 Bond Street, the Family Practice Unit at 61 Queen Street E., the Health Centre at 410 Sherbourne Street, St. James-town Health Centre and St. Lawrence Health Centre.



Sarah recently picked a variety of herbs from St. Jude's garden at 40 Oak St. The herbs were used to make the stuffing for the Thanksgiving Day dinner at Dundas. The new garden also produced cherry tomatoes and green beans.

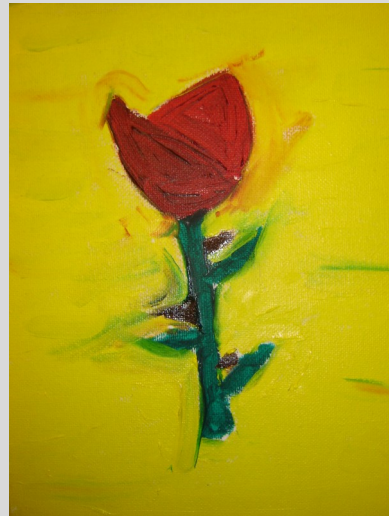
The Creation Story, by Catharine



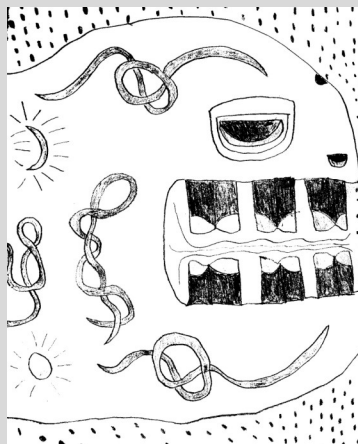
The Trinity



Underwater Life



The Earth



The Whale, by Philip St.

More Resident Artwork



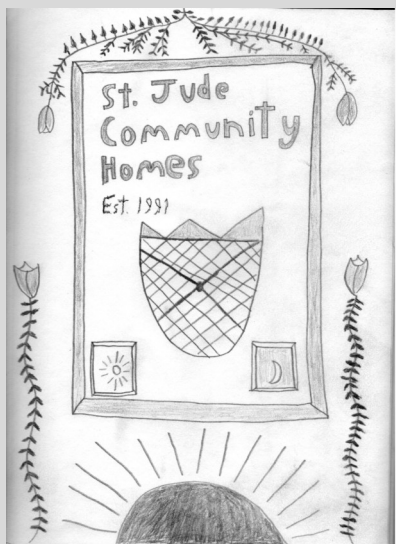
Creation And Beyond The Infinite, by Fred



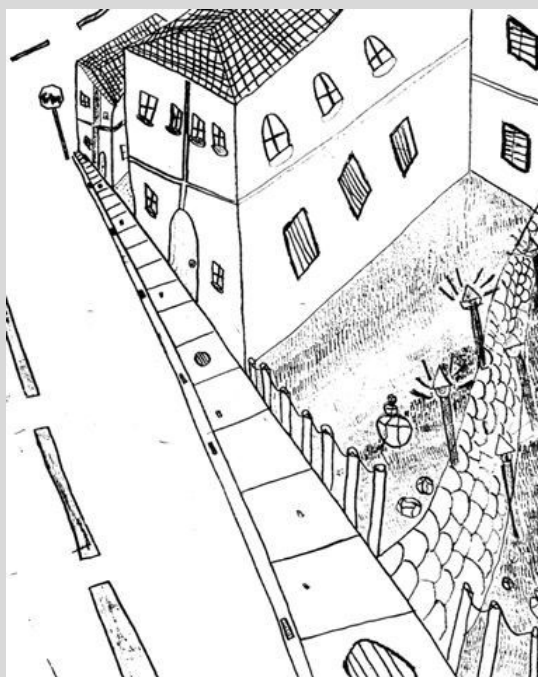
War And Peace, by Fred



Wildflowers of the Sunset Crystals, by Fred



Community, by Philip St.



Streetscape, by Philip St.