



Hey Jude!

December 2015
Volume 23 Issue 2

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PRESIDENT'S REPORT

St. Jude Community Homes
2015 Annual General Meeting
(December 4, 2015)

By Dan Carbin

Good afternoon everybody and welcome to St Jude's Annual General Meeting!

This has been a year of big changes at St Jude and I am happy to have the opportunity to share an update on recent developments, and to later have dinner with you all.

If you remember, at this time last year, Angela Shaw was planning on going off on extended medical leave. While Angela assured us that she

was going to be back in no time, it was far from certain if she would ever return in a full-time capacity.

Of course, Angela did come back to St Jude and we are very glad her recovery went so well and she has been back at full strength to help us navigate through a period of big change for St Jude.

On behalf of the board, I want to thank Angela for her hard work, but especially David and the rest of the staff from St Jude for really stepping up while Angela was on leave. We are all able to sleep well at night knowing the organization was in safe hands and that resident needs were being addressed.

As you know, Angela returned to St Jude in time to oversee the send off for Mare Bock, who had been a fixture at St Jude for well over two decades as the housing administrator.

Next year, Angela herself is retiring. And while we are not here today to celebrate her career and service to St Jude – there will be time for that in

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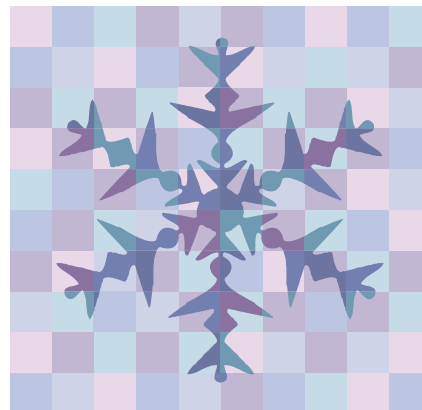
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January – it is important to reflect on the fact that, within the span of six months, two of the key people who have been with St Jude over the past 23 will have departed.

That is a big change for St Jude and it will be hard to replace the experience, and expertise that both Mare and Angela brought to St Jude. But, change is inevitable in any organization and in life itself. St Jude as an organization has never stood still.

St Jude started as just an idea 30 years ago – the idea that there was a better way to provide support for people living with schizophrenia and in need of stable and supportive housing. From that foundational idea, a group of passionate people worked to gain public support for what eventually became this building here on Dundas.

But St Jude didn't stop there.

The capacity at Dundas was expanded less than 10 years later. In 2005 the Milan building was opened. In 2007, the Gerard building was opened. In 2011 the units at 40 Oak were added.

This is an impressive history of an organization that has embraced change and seized the opportunity to address clear needs in our city for better housing for those living with schizophrenia.

The work isn't done. The demand for service now is greater than it's ever been.

There are long wait lists for supportive housing and many people needing the kind of service that St Jude provides.

But, we are operating in challenging times. The Ontario government is in a tough fiscal position and agencies like St



Jude have been forced to figure out how to do more with less.

That's why it has been critical for the board to ensure that we hire an Executive Director to take over the reigns from Angela that can harness the strength of the team at St Jude and lead the organization through the next phase in its development.

We are very pleased that Carol Zoulalian accepted the board's offer to take over the reigns from Angela as Executive Director. Like Angela, Carol has dedicated her life to enhancing supportive housing services for those living with mental health issues. Carol brings a wealth of experience to the role and we believe her strong relationships across the sector will help position St Jude well to make new partnerships that will benefit residents and the public.

I want to thank Angela and all of the staff at St Jude espe-

cially David and Alan, as we have worked through this hiring process. We know these processes can be very tough and we have nothing but great things to say about how professionally the staff at St Jude have handled the situation. That reflects very well on them personally and the culture at St Jude.

We're also going through a period of significant change on the board. Jill Matheson is retiring from the board. Jill presented a vital and unique experience to the board that is grounded in her clinical background. Jill, we're going to miss you but wish you the best going forward and thank you for your service.

Our tireless and dedicated long-time board treasurer, Jim King, has been finally allowed, at long last, to step down from the board. Cynthia is going to say a few words about Jim in a second but I also wanted to pass on my personal thanks to Jim. Jim personifies what volunteerism is about. He has given a good chunk of his life to St Jude, pro bono, and that work has helped ensure that the organization is on incredibly strong financial footing. Jim has also made sure that even people on the board who might not consider math their strong suit have a clear understanding of how the books work at St Jude. Thanks Jim for all your service.

I also want to draw attention to Lucas Lung. While Lucas is not stepping down from the board until later in 2016, this

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Annual General Meeting

The AGM at St. Jude's was held on December 4 at Dundas. Residents presented Board members with gifts, and Good Neighbour Awards were given to 18 residents and one staff. Three Resource Workers were recognized for 10 years of service, and two retiring Board members were thanked for their contributions. Angela was also recognized for her hard work and dedication. Residents and staff also had the opportunity to meet our new Executive Director, Carol, and enjoy a delicious meal.



will be his final AGM as a board member at St Jude. Lucas has served on the board for 6 years and was chair for three of them. Lucas has been incredibly generous with his time and advice for me as I assumed the board role and I want to thank him personally for his help.

Finally, I would like to welcome Mahsa Izadpanah to the board. Although Mahsa is a lawyer – and we seem to have a few too many of them on the board at the moment (at least until Lucas steps down), I am confident she is going to be a great addition to the board.

We're also in the process of identifying other potential board members so we can ensure that we have a strong team even as some of our more experienced colleagues depart.

I want to thank the residents for coming today, and also for bearing with us through a period of change. We know it is not easy, but our goal throughout this process is to ensure that, whatever we do on the personnel side, the stability of your services and housing is never compromised and that we're always focused on figuring out how we can do better for you and for the broader community in need of housing.

Thanks for giving me the opportunity to provide this update and best wishes to everybody this holiday season.

Good Neighbour Award Recipients

The following people received a Good Neighbour Award at the Annual General Meeting at Dundas on December 4

Dundas:

Sam I.
Susan P.
David Q.
Fred St.
Sarah H. (staff)

Milan:

Simon C.
John D.
Catharine P.
Elsa D.

Gerrard:

Wayne M.
Sang L.
Michael O.
Delia S.
Renata V.
Jason H.
Jason W.
Jeffrey F.
Matthew F.

Oak Street:

Jean C.

A Message From Our New Executive Director

By Carol Zoulalian

Dear St. Jude Community Members:

Thank you very much for the lovely welcome! It is such an honour and privilege to join this strong, caring and compassionate community.

It was a pleasure attending the recent AGM. It allowed me the opportunity to witness the warmth and support you share, see some familiar faces and greet so many new ones. I tried to meet as many people as possible and look forward to meeting everyone over time.

Peter asked if I could share a bit about myself. The following is inspired by your kindness and the approaching holiday season, and I hope it helps to give you a little bit of insight into me.

I was born and raised in Toronto except for a couple of years in the 90s when I lived on Vancouver Island. I have one younger sister and no brothers. My parents are immigrants and during my youth we lived in affordable housing



known at the time as Ontario Housing (now part of Toronto Community Housing Corporation). We first lived in the Flemingdon Park area and later moved to a neighbourhood in Scarborough.

Growing up as a first generation Canadian in "the projects" was full of interesting lessons about the importance of community. Being of Armenian heritage – an ethnic group unfamiliar to most people at that

time – we looked different, ate different foods, spoke a different language and had different customs. My friends were inquisitive and kind and my parents made changes along the way to help us assimilate. I remember changes were made to when we exchanged holiday presents after I asked my parents, “Why does Santa deliver gifts to everyone on December 25th and come back

est member of this community I look forward to working with you and learning from you and your experiences, opinions and insights into what makes St. Jude our community of belonging.

Wishing everyone a very Happy Holiday and a Safe, Healthy, Happy and Prosperous 2016! See you in January.



to give us gifts on New Year's Eve?"

Our holiday meal also incorporated Canadian customs. We used a small roasted chicken as a token turkey – a fowl unfamiliar to my parents – among a table of Armenian food. We always had a diverse community of friends to help teach us along the way. Although it was not always easy growing up different, belonging to a caring community supported us to thrive. Those early lessons of acceptance and understanding helped me to develop and value an appreciation for the range of knowledge and strength we all bring from our differences.

Thank you again for the wonderful reception. As the new-

Carol

Keeping Your Spirits Up During The Holidays

By Natalie

If you're sitting at home and don't know what to do during the holidays, I have a few ideas. One activity during the Christmas season that can be fun is looking at displays in and outside stores and malls. Some of the locations to go downtown are Yorkville, Yonge and Dundas Square, and The Bay windows at Queen and Yonge.

I also noticed that in the grocery store near our building are huge Christmas decorations up. Outside of Tim Hortons there are lights on the trees, which are so pretty to look at. Going to Nathan Phillips Square to watch people skate can also be fun, and there are lots of lights there too.

There are free concerts to attend at this time of year. I love Christmas carols. My favorite

ones are *Oh Holy Night*, *Away in a Manger* and *Silent Night*. My cousin took me to a Christmas concert one year at Massey Hall.

Another activity for the holidays that can be fulfilling is writing a Christmas story or a poem, or creating a song to share with others.

Watching Christmas movies is a great way to get into the Christmas spirit. I love the *Home Alone* movies and *Miracle on 34th Street*.

Making homemade Christmas cards or presents for loved ones is something nice to do. Baking pies and Christmas cookies is a nice way of sharing a treat with family, friends, and acquaintances.

If you have the skill of knitting, making scarfs and sweaters are wonderful gifts to give. My sister knit me a hat for Christmas one year. I am in the process of knitting my mom a scarf.

Going to a church service around Christmas can be rewarding. When I was younger I participated in Christmas plays. One year I acted in a Christmas play about a time machine that went back in history to Christ's birth. Another year I sang a song. For people of other faiths, and those who do not follow any particular religion, it is a nice time of year to reflect on what is important to you and what brings meaning to your life.

This year Hanukkah was celebrated from December 7 to

14. My father was Jewish, and when I was a little girl, I would open one gift for eight days. Hanukkah is the festival of lights. The candle holder is called a Menorah, and on it there are eight candles; the one in the middle, the ninth is called a Shamash. One candle is lit every day for eight days.

Every Christmas I enjoy spending the holidays with my mom. She makes a delicious meal, and we open the presents we give to each other. We also have fun decorating the tree, and we get together with family and we go out for a



meal. We usually do this two weeks before Christmas day. At Christmas time I always like to remember that on Christmas day it was the birth of Jesus.

During the holidays if you feel unhappy, getting together with other people may help to cheer you up. As well, you can try to think positive, for example by focusing on things that are going right in your life and what you have accomplished, instead of the things that are bringing you down.

During the holidays there are a lot of people who get down, or perhaps feel stressed, so you're not alone if this happens to you. Realizing that there are others in worse situations can make us feel thankful for the good things in our lives. Spending time helping those who are less fortunate by volunteering is something else that can make a person feel good, and make them appreciate where they are at in life.

I hope everyone has a wonderful holiday.

A Christmas Limerick

By Aldene

Fast approaching is Christmas Day.
Folks enjoying rides on a sleigh.
St. Nicholas
And the Mrs.
May they bring happiness
your way.

My Life as a Student: Hayley

I'm studying for a post-secondary diploma as a Community Services Worker. It's a 44-week program so it is quite intensive. I started the program in June 2015 and I'll finish in April 2016. Being a student has given me a sense of purpose. I have my fixed schedule and I enjoy my routine as a student.

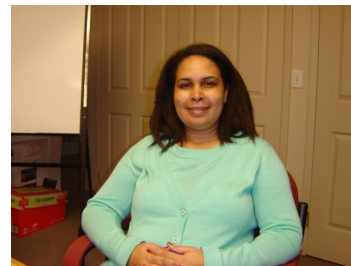
I was recently telling my mother about how impressed I was with the social worker at CAMH who was working with me when I was in hospital. My

mother suggested I consider a career change, and make a move to community services as I'm interested in helping people in local communities in the same way that I have been helped. I hope to complete this program and work for 2 years, and then I might return to full-time education by taking a Bachelor of Social Work program at university.

I like the interaction with my classmates. We have very good discussions about society. In class every day, we review The Metro newspaper and put forth our opinions on issues concerning our field. I have to be disciplined as attendance is mandatory at all the classes. The professor is very encouraging and that in itself is motivation to do well.

I was fortunate enough to receive a Second Career grant for my studies, and provided that I complete the program, I will not have to pay the government back for the grant.

I would advise anyone interested in going back to school



to speak to a career counselor at a local employment resource centre. These advisors are very knowledgeable about financial aid that is out there and the various colleges and universities where one can study.

My family is very supportive and gives me lots of encouragement as a student. I take time to rest in between classes, taking into account my disability, to make sure that I do not wear myself out. I am a mature student returning to the classroom after 12 years away from school, and one of the things I contribute is my lived experience as a person with mental health issues.

Once equipped with the diploma, I could apply for a position as an intake worker, counselor or case worker. I would like to work with people similar to myself who have experience with mental health issues.

My experience volunteering at Progress Place is very relevant and will help strengthen my resume when I apply for employment. I would encourage my peers to consider returning to school to refresh old skills and to gain new ones, as education is an enriching experience.

Mindfulness-Based CBT Course Has Many Benefits

By Elsa

For 9 weeks I was taking a Mindfulness-Based Cognitive Behavioural Therapy program that ran every Wednesday from October 14th to December 9th. The course was held at the Christian Resource Centre at 40 Oak St. and was facilitated by Diana from St. Jude's Gerrard site, a family doctor, and a staff member of Houselink Community Homes.

The purpose of the course

was to treat depression and anxiety with such practices as mindfulness, meditation and cognitive therapy. More specifically, the program was aimed at reducing the chances of having a relapse of depression or anxiety among the half-dozen participants in the group. The course helped me and others in the class deal with stress by concentrating on our breathing and following other steps that we were taught.

At each class we were given homework assignments to do, mostly in the form of meditations that were on a CD. We



also received handouts on the practices we were learning. One of the handouts described mindfulness as a “non-judgemental way of paying attention in the present moment.”

The handout also said that cognitive-behavioural therapy, or CBT, is “designed to interrupt the habitual negative thinking that leads to depressive and anxious spirals.”

The homework assignments were challenging for me, as I found myself getting distracted and letting my mind wander.

When I was in class, I was more able to meditate and concentrate on my breath.

One of the meditations we learned was the “3 minute breathing space.” Here, you pay attention to your body for sensations, emotions, thoughts and sounds. In the middle of 3 minutes you listen to your breath. In the last part of the meditation you once again become aware of your body's sensations, as well as emotions, thoughts and sounds.

Another meditation I learned was the “body scan.” In this case you make yourself aware of all the parts of your body from head to toe by focusing on each part, one at a time. Members of the class also learned how to pay attention mindfully while eating, walking, and stretching.

In another meditation, which was done at home, I had to record unpleasant and pleasant experiences that happened each day. I had to record my emotions, thoughts and sensations in my body during these experiences.

Being aware of unpleasant feelings, thoughts or experiences in the present moment helps people avoid having intense feelings of depression or anxiety, or getting carried away by other strong emotions. Mindfulness also helps us be aware of how we typically react to situations so we can choose to respond in more effective ways, as one of the handouts said.

I'd like to thank The Centre for

Mindfulness Studies, the Christian Resource Centre, Houselink, and St. Jude Community Homes for presenting the course, as well as the facilitators. I am especially grateful that the course has helped me to better manage stress and also my illness.

My Experience of Mindfulness

By Ying

When Diana invited me to join in the Mindfulness Based Cognitive Behavioral Therapy group (MBCT), I did not have high expectations. I had tried meditation before by myself and I always fell asleep, and didn't really benefit. However, Diana said MBCT was very good for depression and anxiety. Since I have depression, I thought I might benefit from the group.

I asked my boss to let me leave my job early for the group. In the first session, after doing breathing meditation, I realized that I could live in the present moment by focusing on breathing, without having other thoughts. Just before the second session, I developed delusions. After I did meditation during this session, I realized that some of my thoughts were delusions. I was very excited that I benefited from meditation, so the following week, I did my mindfulness (meditation) assignments every day. After one week, my delusions were gone.

My mood has always fluctuated before: sometimes it was high and sometimes was low. However, since I joined the MBCT group, my mood has

been always calm. It gives me hope that I can achieve mood stability in the future, as long as I keep doing meditation.

Since I got so many benefits from the MBCT group, I recommended mindfulness meditation to my mother, because she has insomnia. I found a Chinese version of mindfulness meditation on YouTube for her. Now she does meditation at night when she can't sleep. When she meditates, her body gets warm and she sleeps well.

In conclusion, I am really surprised by how much I gained from the MBCT group. Although the group is over, I will keep practising mindfulness meditation all my life.

Poems By Deirdre

Freeing Myself

So easily do I
create this mess
around me;
Before I would
fill myself with distain
in knots of quilt
for its creation;
But now I realize
that I am simply a bird or
a butterfly, caught in my nest
of ill health.

This mess is only natural.
I feel Jesus' comfort
as I lie still in
my bed, palms facing up
receiving His mercy.

Never Should I "Try" to Write -- Let it Happen

Now I know the
secret lies within this pen,
not within my head.

If I tried to use my brain I
would hit a brick wall, be
stumped and never be able to
let my words flow,
as they begin to now.
As I forget my useless brain
and tap into my soul which
makes its way down my arm,



to my pen and allows these
words to be free.
Never should I "try" to write,
Only should I let my pen
dance on the page to whatever
tune I feel.
Whether it may be sorrow,
euphoria, confusion, or whatever
it may be, it should never
be difficult, not a chore... just
a simple pleasure.

The Prelude to a Journey

Pen to paper
I begin to write.
Words flowing;
going to a place
experiencing a journey unknown.
How I love to write
and let these words flow...
Let them be free
Let me write
Let me be what they call a
poet;
This is the beginning
of a path unknown.

How exciting!
The prelude to a journey,
a creation of art that lies
within.
This, my friends, is the beginning.

Please God fill me with the entrance,
Unlock the door within me,
and welcome me with
Smiles and warmth.
Hope and blessings.
Allow me to create.

The 416 - A Welcome Place For Women

By Aldene

The 416 Community Support for Women, located near Parliament and Dundas, provides a warm and welcoming place for women who are struggling with mental health and addiction issues, and social isolation.

The centre serves mainly women who live in the downtown core, and provides a wide range of services including a drop-in, mental health and addiction case management, and life skills training and educational workshops. The clients can also see doctors, nurses, and other health professionals if they wish, and there is a food bank.

The centre's workshops are aimed at giving the women members of 416 a feeling of belonging, and improving their skills and abilities to cope with the challenges they face.

Among its benefits, the centre helps some of the women recover from addictions. The centre's Addiction Case Management Program is located at 170 Bloor Street West, Suite 1106, at Avenue Road.

Women at the 416 have the opportunity to learn new skills, socialize and make new

friends, and have fun. The 416's web site says the centre offers "a safe, healing and respectful environment for women to thrive in their lives and have the opportunity to hope, dream and work toward a better future." A wide range of activities are provided, which are listed on the 416's calendar.

The 416 centre has a code of conduct which is enforced in order to provide a safe environment.



Many of the women really enjoy the breakfasts offered 7 days per week, from 8:30 a.m. to 10 a.m., and lunches from 12 noon to 2 p.m. (A number of residents from St. Jude's attend the lunches).

The 416 drop in centre for women is open 7 days per week, 8:30 a.m. – 4:30 p.m., and can be reached at 416-928-3334, and www.416community.com.

Perogy Lazy Boy Recipe

By Susan

Ingredients

- 10 lasagne noodles
- 6 cups mashed potatoes (12 potatoes)

- 3 cups grated medium cheddar cheese
- 1 tsp. salt
- 1 1/4 cups butter or margarine
- 2 cups chopped onion

Directions

1. Cook noodles as directed on package
2. Drain
3. Line bottom of greased 9"x13" pan
4. In large bowl mix mashed potatoes with cheese and salt
5. Put layers of potatoes and cheese over noodles
6. Melt butter in frying pan, and add onion
7. Sauté until onion is clear and soft
8. Spoon onion and butter over noodles
9. Cover tightly with foil
10. Bake at 350 F for 30 minutes.
11. Let stand 10 minutes before cutting into squares.

Serve with sour cream
Makes 24 pieces

Lentil and Carrot Soup Recipe

By Philip St.

Ingredients:

- 3/4 cup of green lentils
- 3 whole carrots
- 2 whole onions
- 1 tablespoon of oregano
- 1 pinch of salt

Directions:

1. Peel and chop carrots
2. Peel and chop onions

3. Fill saucepan half full with water and bring to boil
4. Add ingredients and let cook for 30 to 40 minutes
5. Let cool and serve
6. Enjoy!

Serves 1 to 2



Neil celebrated 15 years of service recently with a plaque from A-Way Express Courier.



A good time was held by all at a Halloween party at Dundas.

Father Joe Celebration

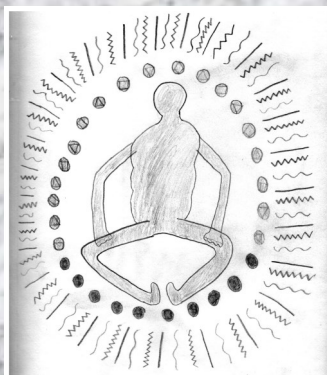
A large gathering of friends and colleagues gathered on Oct. 24 to celebrate Father Joe's 50 years as a priest. St. Jude's thanked Father Joe for his many years of support by giving him an original drawing that was signed by residents.



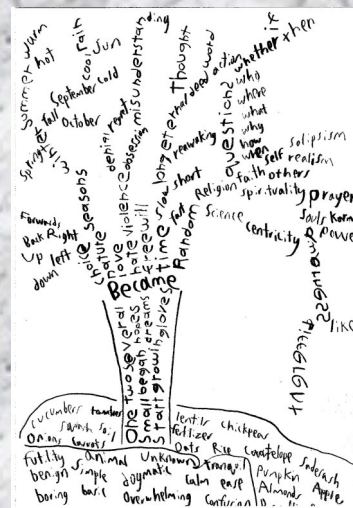
Resident Creativity!



By Aldene



The Monk by Philip St.



Word Tree by Philip St.



By Jennifer



By Sarah W.

Floral arrangements by Catharine from her course

