



Hey Jude!

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An Interview With Angela (Part 1)

Peter and Douglas conducted this interview with Angela Shaw just before she retired in January, after serving for 22 year as Executive Director of St. Jude's. The 2nd part of the interview will appear in the next issue of Hey Jude.

Hey Jude: How did you hear about Saint Jude's, and why did you choose to work here?

Angela: In April 1993, there was an ad in the Toronto Star for an Executive Director for Saint Jude Community Homes. I said to my husband, "This ad is speaking to me." He asked if I was going to apply for the position, and I said, "Yes, and I believe I will get the job!" It was a little bit bold.



Hey Jude: What did you do before coming here? I understand you were a nurse.

Angela: I'm still a nurse. I spent 17 years at Queensway General Hospital, in the mental health unit with COTA, which was an organization of occupational therapists. The Queensway is now part of Trillium Health. I spent 5 years with COTA in the mid to late '80s. COTA was looking for nurses to do occupational work in the boarding homes. I actually had 5 boarding homes with 180 clients in the Parkdale area that were my responsibility. We were responsible for helping the owners of the homes, who were often people who didn't appreciate mental health consumers. It was our role as a team to teach them about the issues involved (in mental health).

Hey Jude: What were the main highlights of your career since coming to St. Jude's?

Angela: The biggest parts were the expansions in 2005, when we brought Milan on, in 2006 when we partnered with House of Compassion, in

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2007 when we became engaged with Gerrard, and 2012 when we took on the 5 units at Oak Street; these were the biggest highlights.

You see, we have 2 groups of folks at St. Jude's: we have older people who've been in the system for a long time, then we've got younger people, and their experience with the mental health system is so different, they're going to use St. Jude's as a stepping stone. So for us to have different levels of support that people could go back and forth between, that was the biggest highlight.

Another highlight was the binding of the Hey Jude newsletter that we've done since 1993. If you go back and read them, they'll provide you with an historical context. So I'm very proud of that. To me it's important to capture the history.

Hey Jude: I understand that there were Resource Workers on every floor at one time.

Angela: Yes, there were Resource Workers on every floor, most of them were university students. They worked in the evenings and on weekends.

Hey Jude: Any other highlights you can think of?

Angela: It was a highlight to have staff who could help with the counselling...Alan came in 2002, and before then it was

just myself and one other staff member...Expanding and finally getting [more] staff really enabled us to give a good program for folks. We didn't have a lot of money in those days.

Hey Jude: What was your biggest challenge?

Angela: It was NIMBYism ["not



in my backyard"] regarding Milan, that was a horrible experience that went on for 5 years. It resulted in a long hearing at the Ontario Municipal Board (OMB) in 2004, a terrible meeting with the neighbors, who said some very derogatory things about the residents. Some of the things that were said to and about our people were terrible. However, we made a firm decision to take the high road, and we carried on. Someone said to me once, "Why don't you yell back at them?" I said because we're going to have to live with them. We don't want to have to eat our words. Look at the people who live at Milan now, they're good neighbours. Most of the people [residents] who were the

noisiest have moved. That was the biggest challenge and disappointment, and the biggest angst.

Hey Jude: What do you think was the biggest legacy, or impact you have had on the residents and the agency?

Angela: Legacy, I'm going to have a legacy? I don't think about St. Jude's as one person who has done everything; it's a family situation. We've got wonderful board members, staff working together, residents working together. Like, everybody's creating a legacy! Most importantly, I would like people to know, first of all... that I have left the organization in better shape than I found it in 1993. I'd like to feel that I helped provide residents with a home that I'd be proud to live in, and staff with a workplace environment that I'd be proud to work in. I think that's really important. Also, I'd like to think that I've shared knowledge, and people have shared their experiences with me. Most of all, I would like residents to believe that they came first, and there's always been an open door policy. The work we do is so interpersonal, it's all about relationships that we build with people.

Speaker's Forum – Community Safety

By Aldene

Nineteen residents and 2 staff attended a Speaker's Forum on Jan. 6th, with PC Lynn Robertson of the Toronto Police.

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St. Jude's Says Goodbye To Angela



A large group of residents, past and former Board members, friends and colleagues gathered to pay tribute and say farewell to Angela on January 28 at the Dundas site. There was lots of praise for Angela and her outstanding contributions to the community over 22 years, and a number of gifts were presented, including a memorial scrapbook and a quilt made by residents. We'll miss you Angela!!



More Of Angela's Retirement Party



PC Robertson, of 51 Division, did not give a speech, but rather took questions from residents on a wide variety of topics.

A resident said she was approached by a man unknown to her while walking in the neighbourhood; she ignored him and got home safely. PC



Lynn said go with your instincts and comfort level when assessing a situation. The constable also suggested that residents stay on main streets and well lit areas when out at night.

The constable suggested that if you feel unsafe, travel in the opposite direction, cross the road, go into a store or coffee shop that's open, or if you can find a pay phone, call the police. The officer said there is no right or wrong way to handle every situation. The non-emergency phone number for police is 416-808-2222.

Someone else said she was approached by a man she did

not know, and after speaking with him for a few moments, he went away. She was glad that nothing happened, and the police officer commended her for handling it well.

Another resident had a question about getting a driver's license reinstated, and this was done with the permission of a doctor.

PC Lynn also said to cross main roads at traffic lights and pedestrian cross walks only, watch out for distracted drivers, walk with a purpose, and stay in well traveled areas. The group was also advised not to jaywalk as it is illegal, and dangerous. Residents from Milan were advised not to cut through the Start Auto Electric parking lot next door, but rather use the sidewalk. Residents were also reminded to keep their heads up and be aware of their surroundings when walking outdoors, in order to remain safe.

A resident asked about getting a police reference check for a job that involved working with children or vulnerable adults. There were also questions about the criminal justice system.

It was a very interesting Speaker's Forum, and PC Robertson did a good job answering everyone's questions.

A Valentine Poem

By Aldene

Soon it will be Valentine's Day.
Let Cupid find your special

way.
When you don't look,
Someone might hook
You in a love not for a day.
But everlasting, as you wish –
reeling you in, just like a fish.

Remember love's a two-way street.
Not a thing like it can be beat.
Once you shall know
You will both grow
Take time to learn about each other well.
Try your best not to break the spell.

Poems by Cathy D.

Frank

Frank's a real nice guy, I bet
And not just cause he drives a Chevette,

If he could he'd drive a protégé,



And I bet he will some day.

Frank's lips are so damn sweet
If we were birds, we'd tweet,
tweet, tweet!

He took me to see the Lion King,
But he never gave me a ring

(Poems by Cathy D.—
continued)

It's been so long ago,
That we had fun going to the
show.

I wonder where he is today?
Because I wish that I could
say,

I miss you Frank so very
much,
Hope that I will have good luck

To meet some guy as swell as
you
Maybe that would lift my
blues!

The Blue Jays

I feed the blue jays,
Because they are blue,
I feed the sparrows,



And the pigeons too,

I feed the seagulls,
Steak and French fries,

Right by the water,
Is where they all fly,

Right by the water
Is where they all lie,

I like when pigeons hop
And sparrows walk.

Zoe Poem

Zoe, I love you,
Zoe, I'm singing this song for
you,

Zoe, I love you,
Zoe, I'm singing this song for
you,

I love you from the tip of your
nose to the tip of your ears
To the tip of your tail

I love you from the tip of your
nose to the tip of your ears
To the tip of your tail

Zoe, I love you,
Zoe, I'm singing this song for
you,

Zoe, I love you,
Zoe, I'm singing this song for
you,

But when you get home,
The music gets louder and
changes
From classical to indie rock

But when you get home,
The music gets louder and
changes
From jazz to indie rock

But when you get home,
The music gets louder and
changes
From oldies to rock

Zoe, I love you,
Zoe, I'm singing this song for
you

Zoe, I love you,
Zoe, I'm singing this song for
you.

Aging Group – Maintaining Muscles

By Elsa

On January 17, eight residents attended an Aging Group on muscles. Peter provided information from the internet. The following information comes from a New York Times article entitled Strengthening Older Muscles.

Older adults lose about 3 percent of their lean body mass each decade, mostly muscle. Sarcopenia is a gradual loss of muscle strength, said the article. One warning sign that muscle is disappearing is skin sagging on your legs and arms. Older people can delay sarcopenia by doing resistance training and eating sufficient amounts of protein, the article said. Consult a doctor first before starting an exercise routine or diet change.



Loss of muscle mass and strength affects the ability to move and do daily activities, said another article, and can increase the odds of falling, leading to broken bones and head injuries, the group was told.

The article also said that people should do a typical regimen of 30 minutes of walking

each day and modest resistance training 3 times per week, focusing on various muscle groups. A doctor quoted in the New York Times article said that eating 4 ounces of fish, chicken or turkey a day is a good idea. He also suggested vegetarian protein sources such as soy or quinoa that can provide variety without dietary fat.

The following information is from consumer.healthday.com. Protein should come from animal and plant sources. Eating plant-based foods such as beans, lentils, nuts, quinoa and soy helps to preserve muscle strength, while animal protein



helps build muscle mass, said the article. Protein sources also include Greek yogurt, fat-free milk, beans, nut butter, roasted chicken breast, tofu, and whole wheat bread.

People in the Aging Group gave examples of their experiences. One resident said it is hard to do sports like tennis and swimming now, compared to when she was younger. One resident said that in her late 20s and early 30s she could do factory work, but not

any more. When she was 40 she could walk long distances, but not now. The resident said she is going to lift phone books up and down to improve her muscle mass.

One resident mentioned that when she was 16 she pulled a muscle lifting weights. She now does strengthening exercises like lifting her legs while lying on the floor. She suggests starting an exercise program slowly and gently, and stretching before you lift weights.

There is a stretching group every Friday at 4:50p.m. on the 4th floor of the Dundas building, led by two residents. People can also go to city-run recreation centres where there are weight rooms. You can apply for the Welcome Policy to get free programs at recreation centres. A brand new recreation centre just opened in Regent Park.

Another article presented to the group was called *Growing Stronger: Strength Training for Older Adults*. The article said that strength training requires little time and minimal equipment, and is safe, even for people with health problems. For lifting weights, the article says you should use a strong stable chair, have a good pair of running shoes and wear loose, cool clothing that breathes well during exercise.

For lifting weights start with 2 dumbbells that are 2 to 5 pounds for women and 3 to 8 pounds for men, the article suggested.

According to the article, the benefits of weight training and aerobics are:

1. builds strength;
2. maintains bone density;
3. improves balance, coordination and mobility;
4. reduces your risk of falling;
5. maintains independence in performing activities of daily life.

Poems by Deirdre

The Way Home

Life feels to me like a journey,
a long stumbling
tumbling journey...
Back home;
what do I mean by home?
I mean comfort
and through all those
stumbles and tumbles
I slowly learn what
parts felt like comfort.
They are my simple secrets
that slowly become
routine until I am
what I dream,
set in my secure comfortable
home-like ways.

Punishing Myself With The Pleasure of a Cigarette

Anticipation flows
wildly through
my still and silent
body
on freeing myself,
exhaling smoke while
listening to The Police sing
their gentle yet lyrical song,
yet not knowing my crime,
if there is one.
I always seem to
feel I've done
something un-cool.

I just managed in years gone by without thinking. Now it's like that song from Blue Rodeo, "I want to know where my confidence went, one day it all disappeared."

I know cigarettes are the punishment I give myself. Now that I see it your way I feel I've lost myself and done everything wrong.

Aging Group – Resistance To Care

By Neil

A while ago we had an interesting Aging Group on the subject of "resistance to care." The handout source was *Help's Here--Spring/Summer 2015*. It says that understanding why people are resistant to care can help in coming up with strategies most likely to help overcome that resistance.

Someone in need of help has likely experienced a loss of physical or cognitive abilities, said the article. This loss takes them through the emotional stages of denial, anger, bargaining, depression and acceptance. Accepting help in any of these stages can feel like the surrender of competence, privacy, autonomy and independence, said the article.

Some people are afraid of becoming a burden on loved ones. This is all compounded by individual personality traits, the group learned.

The publication gives the following tips on encouraging a

loved one to accept help: avoid being in a rush for these discussions; involve your relative in coming up with solutions to the problem; begin with the immediate safety issues that need to be addressed; trial periods for receiving care are useful; and finally, enlist the help of pro-

there will likely be increased stress on family members in helping the senior citizen. We also learned that many family members begin caring for an older relative after the person has an injury, illness or medical condition that leaves them less able to function independently.



fessionals. "It is important to acknowledge that there are times when people are putting themselves in unacceptable danger by resisting care", the article said. The article also said that facing resistance to care can be one of the most difficult parts of the care giving process.

An article from the Home Instead Senior Care Network said that more than 90 per cent of seniors want to remain in their own home. The reality, says the handout, is that growing old means: 1) Every day tasks may become more and more difficult for the senior; 2) there may be increased frailty and safety risks; and 3)

We then talked about 10 warning signs (from the same publication) that a senior needs help: unpaid bills piling up; reluctance to leave the house; losing interest in preparing or eating meals; declining personal hygiene; declining driving skills; signs of burnt pots and pans; symptoms of depression; missed doctor's appointments and social engagements; an untidy house; and finally, losing track of medications.

The Senior Care Network publication described six strategies that can be used to overcome resistance to care among seniors: understand where the resistance is coming from; explain your goals; bring in outside help; research

your options; explain how a service will make it possible for a senior to remain independent longer in his or her own home; and finally, respect your parent's decisions.

There were five residents in the group. We talked about the reasons why seniors say no to care. Many want to live in their homes until they pass away. Caring for seniors may be hard on family members. We talked about seniors' life style and safety issues. We talked about Community Care Access Centers, which co-ordinate home care services for seniors and others who need help.

We had a lively discussion of the issues around seniors' resistance to care. We all learned something new. If you have a topic relating to aging to suggest, feel free to let the group know.

A Tranquil Winter

By Fred

Winter casts its spell upon the lands...

A snowflake falls from the heavens above.
More to come as nature demands...
Peaceful landscapes to be white as the dove.

Serene thoughts provoked in still time:
Memories of love, happiness, and all that is good.



Nostalgia evoked in my own mind,
Smiling with joy, as this season, I should.

Times of peace and times of pain,
To dwell on the past, I dare no more.
There will be loss and there will be gain,
Many a lesson life holds in its infinite lore.

The ground is warmed, and the fire is lit;
Insulating snow, and wood feeding the flame.
I hear a voice telling me to sit;
At home they always know my name.

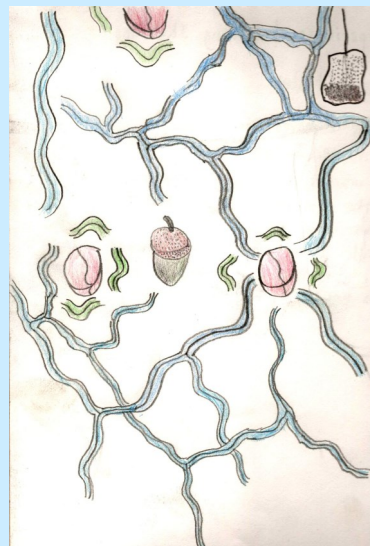
The little joys are what count the most,
Do not think of money sitting in your big banks...
Enjoy the hearth and enjoy the host,
You may find you have much for which to give thanks!

Karaoke Christmas Party at Dundas



Resident Artwork

Flowers By Catharine



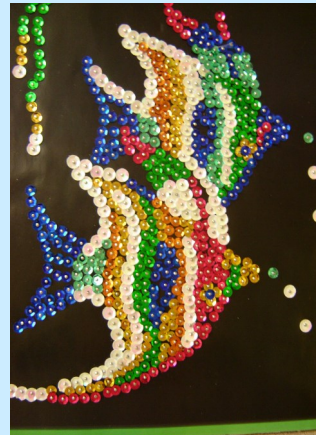
Sketches By Philip St.

More Resident Artwork

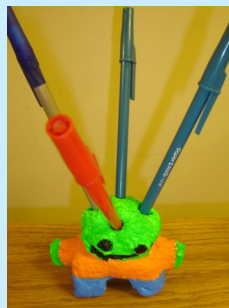
Art By Jennifer



Proto 3D Samurai Mask



Sequin Angel Fish



Pen Holder



Scene by Deirdre



Sketch by Sarah W.