



Hey Jude!

Spring-Summer 2016
Volume 24 Issue 4

Editorial: Making The Most of Spring

By Hayley

Sounds of Spring: birds singing. Sight of Spring: tree blossoms finally appearing. Sounds and sights telling us that this wonderful season is upon us. Spring is the season in which we experience a new lease on life – a season of new beginnings and big changes. Everything is flowering, mating or hatching in the natural world. It is time for parades, leafy bowers, lemonade and Spring showers.

Step outdoors this Spring and explore the downtown Toronto area. Whether it's keeping fit, feeling green grass under your feet or strolling through a culturally rich neighbourhood, Toronto is guaranteed to offer something in tune with you this Spring. There are many neighbourhoods that are worth visiting or returning to, such as our own Cabbagetown, Little India, Roncesvalles Avenue, and Bloor West Village.

For those of you ready to step into your running or walking shoes, you can take

to a local park or indoor running/walking track.

You may also wish to stretch your legs and enjoy the warm weather by taking a walking tour of the city. There are also organized walks you can go on, called ROMwalks. These walks, which take place every Wednesday evening and Sunday afternoon until mid-October, encompass the diverse aspects of Toronto's vibrant neighbourhoods including history, architecture, arts of all varieties, education and more. Most tours are free. For more information, call 416-586-8000, or go to <https://www.rom.on.ca/en/whats-on/romwalks>.

Tour Guys offers a number of pay-what-you-can tours, including one that goes from Union Station, through the Financial District to City Hall. They can be reached at 1-800-691-9320 or by visiting <http://www.tourguys.ca/>.

Another event, The Riverdale Art Walk (June 4-5, 11 am to 6 pm) is a chance to get out and get into art. (Location: Jimmie Simpson Park, at Queen

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Street East and Booth Avenue, telephone 416-465-0302). More than 170 local artists, both established names and up-and-coming talents, display their paintings, sculptures, photography and more for two afternoons in the park.

See Toronto in bloom by visiting one of the following: Allan Gardens; Casa Loma's Gardens; Spadina Museum Garden; Toronto Botanical Gardens; Humber Bay Butterfly Habitat or High Park.

Craving a little culture in your life? Then head over to the Art Gallery of Ontario on a Wednesday when it's free admission from 6:00 to 8:30 p.m. It's also worth checking out the annual Doors Open festival, in which you can take a peek behind the doors of over 100 historical buildings in the city – all for free! It takes place from May 28 to May 29.

Looking ahead to the Summer, there will be many cultural and artistic festivals at Harbourfront Centre, for example. There is also the Festival of South Asia on July 16-17 near Coxwell and Gerrard.

Locally in the Parliament and Dundas vicinity, it is well worth taking advantage of the new Regent Park Community Centre, which has a gym, an indoor track, and a weight room, among its facilities, and which is completely free.

For all you swimmers out there, the Regent Park Aquatic Centre is only a ten-minute

walk away from Dundas and Milan, so do dive in and make the most of these state of the art facilities. If you have green fingers, then speak to Sarah the cook about helping out with the St. Jude's garden plot in Regent Park, where we grow our own vegetables and herbs. And of course, you can always experience farm life in the city by visiting Riverdale Farm.

So whatever your interest, you will find something to do. So enjoy your Toronto and cheer on the Blue Jays this season! Embrace the joy of life and the joy of being, which is the joy of Spring.

Speaker's Forum – Building Safety and Security

By Elsa

PC Lynne Robertson of Toronto Police 51 Division was the presenter at a Speaker's Forum on building safety and security in early March. The event at Dundas followed a break in at the building in the early morning of March 5.

There were a number of tips given by PC Robertson and also residents. Other tips were contained in a Toronto Police brochure entitled Apartment Security that was given out at the event.

- Do not allow someone you don't know to follow you into the building, and do not let a stranger in if they buzz you on the intercom;
- Call the staff if a stranger forces his/her way into the

building, or call police if it's after hours;

- Live like a community. Say hello to each other, look out for each other, and make an effort to get to know other residents;
- Stay with your guests at all times and never lend them your keys;
- Always lock your apartment door when leaving, even if you're staying in the building, and also lock your apartment door at night when you are asleep;
- Always check the peephole of your door to see who is knocking; residents are asked not to knock or call



each other between 9 p.m. and 9 a.m.;

- Always know where your keys are, especially when you go out; if you lose or misplace your keys, tell staff immediately;
- Report suspicious activity outside or in the building to the police;

Emergency Services should be called if there is a crime in progress or an immediate threat to the safety of persons

or property.

The police brochure also advises what to do if you discover a break in:

- Do not enter the apartment as the criminal may still be there;
- Contact the police immediately, and then staff;
- Do not touch anything or clean up until the police have come, as you may disturb evidence.

Residents asked a number of good questions, such as, "Do I have to call police if I am being followed to the building?" PC Lynne Robertson said you should call police as soon as you can. Another question was, "If I need to go to my apartment, can I pass the police if they are close to the building"? If there is yellow police tape, don't pass through. You can pass if there is no danger to you and no yellow tape. If unsure, ask the police who are there.

PC Robertson mentioned that everyone who attended the Speaker's Forum should let other residents know what they learned about building safety.

St. Jude's would like to thank PC Robertson for coming to present this information on such an important topic.

An Interview With Angela – Part 2

The following is the 2nd part of an interview that Peter and

Douglas did with Angela Shaw just before she retired at the end of January, after serving for 22 years as Executive Director of St. Jude's.

Q: How do you feel now that you're coming to the end of your time here?

A: What people may not know is that I'm coming to the end of my career as a nurse. I've been doing this for 43 years,



always in the field of mental health. Now I've chosen to go into the retired class. Retired means I don't do anything that looks like nursing. To me that's been a more difficult decision, to put that aside...at least for the first year.

How do I feel about leaving St. Jude's after 23 years? I think it's the right time to leave St. Jude's. I'm at peace with that decision; it's taken me 18 months to go through that journey...I believe that change is good and a fresh pair of eyes are needed as we go into the 25th anniversary of the organization.

Q: What do you think the fu-

ture holds for St. Jude's and for supportive housing in general?

A: There's going to be a lot of changes in supportive housing, there's going to be changes in the way supportive housing is funded. They're looking for efficiencies to find in the system so the health dollars are sustainable for a long period of time.

I think hopefully, they'll talk about co-ordination and integration of services in mental health; I hope that's true. We've got such a huge waiting list for supportive housing and social housing, 120,000 people waiting for housing. Without housing there's no recovery. That's true for everybody. If you're dealing with recovery from anything, it's good to know you've got a roof over your head and food in your belly, and friends around when you need them.

What's in the future for St. Jude's? I don't know. I think for me St. Jude's has been a very organic organization. We've had a lot of changes over the years, but we've waited for cues from staff or residents that the time was right for change. We've never changed for change's sake, we've always changed because it was the right thing to do at the right time. If we had not moved staff offsite when we were opening Milan, we couldn't have had staff who could service both sites.

It was a way of being smarter with the resources we had, it was also a way of saying to

residents at Dundas, "You don't need staff living on site any more, you have built up your home to a really safe degree, you're competent, you know what to do to protect it." That's a message to residents, "Kudos, job well done!" Change is part of life, if you don't change you get stale.



So change is part of life and should be embraced if it's for a really good purpose and not just done for change's sake. I'm hoping the program and services will continue to evolve to meet the clients' changing needs.

Q: Any advice to give the organization for the future?

A: Work together, be hopeful, support one another and try different things. When we've had changes it was never carved in stone. I think we've said we'll try this for 3 or 4 months, and if it's working we'll keep it, and if it's not, we'll throw it out. To me there's something unthreatening about that. I think hope is very important.

Q: What are you looking forward to in retirement?

A: I'm looking forward to not having to drive back and forth for 2 hours. I'm looking forward to not having to do the big drive, especially in bad weather. I'd like to spend more time with my grandson and my family, and I hope I don't have to cook; my husband has always been cooking and shopping for 17 years. Life's like a journey, you get on the boat and see where the waves take you. I don't know what retirement will bring but I'm open to lots of different opportunities.

Hey Jude: Thank you for taking time out of your busy schedule to do this interview.

My Art Exhibition: Fred

My name is Fred, and I am showing 19 of my paintings at an art gallery in Kensington Market until June 11. The exhibit opened at the Secret Handshake gallery on Saturday, May 9, and continues every Saturday from 2:30 to

I am really excited about showing my paintings, which are either abstract, fantasy paintings or realistic nature scenes. About 25 people came to the opening of the exhibit on May 9, and it was wonderful to have that much support.

The exhibition of my work has been planned since last August, when I started working on most of the paintings. My paintings, which are done in acrylic, take anywhere from 3 to 36 hours to do, with the average being 20 hours.

I actually started painting in 2004, and after receiving positive feedback decided to continue it as a hobby. In 2014, I began to spend a lot more time doing painting, and have displayed some of them on the internet and in my apartment at Dundas.

I find art very relaxing, and it takes my mind off of more serious concerns. It also helps to pass the time, and I like seeing the finished product each



5:30 p.m. until June 11. I will be at the gallery each Saturday.

time I complete a painting. On the other hand, I sometimes worry that my paintings won't turn out as well as I had

hoped. In addition, since February I have not been painting for health reasons.

I would recommend painting as a hobby to anyone, provided they have the time and patience to do it, and the space. I would suggest wearing a paint mask, or using water colour paints as they are less expensive than acrylic paint and give off a weaker odour. Painting can be done at an affordable cost (you can even get supplies at dollar stores), depending on how much painting you do and the quality of the paint.

I was pleased that the Secret Handshake agreed to let me display my paintings. The gallery, which is also a clubhouse, is the first peer support facility in Canada created by and for people with schizophrenia. Members of the organization mentor one another and share recovery techniques and resources, according to its web site, www.thesecrethandshake.ca. Recognizing that peers are well qualified to provide support to others coping with the illness, The Secret Handshake breaks the cycle of isolation and stigma. The Secret Handshake gallery is located at 170A Baldwin St., west of Spadina.

Feel free to visit my own web site if you want to get a sampling of my art: www.frederickstadlerart.wordpress.com.

Jack and Jill: A Love Story

By Natalie

It was 9:00 in the morning. Jill was getting the leash ready to put on her dog Molly, a poodle. It was a beautiful Saturday morning with the sun shining on a spring day.

They were headed for a walk in the park. When they got there, Jill couldn't help noticing a guy walking his dog, which was a Scottish Terrier, in the park. She got up the nerve to go up to him and say

"I just moved into the area" said Jack. "Maybe you could show me around the area some time and we could go for a coffee."

Jill said, "That sounds great. Why don't I give you my phone number?" So she did and then they went their separate ways.

A few days later, Jack called Jill. This was their conversation. "Hi can I please speak to



hello; he had also been looking at her. She said, "Hi my name is Jill, it's a beautiful day, isn't it?" "It sure is," he said.

"It's neat that your name is Jill, because my name is Jack, and my dog's name is Otis," Jack said to Jill. "Do you live around here?"

"Yes I do, I live a few blocks away," said Jill.

Jill, this is Jack." Jill says "Speaking, hi how are you?" Jack replied, "I am pretty good, thanks for giving me your telephone number. I was wondering if you would like to go out for dinner with me; you choose the place." Jill said "I'd like to go to Papa John's pizza place. When would you like to go?" Jack said, "How about this Friday at 6:00 p.m.? I could come to your place and then we could walk there if it's

not too far.” Jill said, “It’s just around the corner, so let’s walk there, as you said.”

Well, time went by and Jack and Jill got to know each other a lot better. They told each other about their hopes and dreams. Jill is in school training to become a nurse, and wants to become a pediatric nurse. Jack wants to become a doctor, so they have similar goals, and have other things in common as well. They also like going to movies, which brings us to the next part of the story.

Six months later

Jack and Jill are getting into a cab to go to a movie. They have decided to see a scary movie, and Jack treats Jill to popcorn and a drink. “Jill, I would like to hold your hand,” says Jack. She says okay.

They continue to go out together for a period of time. Both of them feel lucky they found each other. They even introduce each other to their families. One day when they went to a mall, and they went to a booth to get pictures taken of themselves.

One day Jack went with Jill to Harbourfront. As they were looking out over Lake Ontario, Jack had an important question to ask Jill. He got down on one knee and proposed to her, and she said yes! Both of them beamed with excitement! Jack went with Jill to a jewelry store and she picked out a gorgeous ring.

Then they made plans for their

wedding. Throughout their lives together they had some ups and downs, but the good outweighed the bad. Both Jack and Jill appreciated how God had blessed them and helped them develop a good marriage, and they looked back on their memories with tears of joy.

The End

A Spring Poem

By Natalie

As the trees sway, playful happy thoughts come into our day. Spring flowers bloom bringing beauty into nature’s room. Stopping to take in a nice time of year makes us have thoughts of cheer.

Going for a nice walk in spring can feel like having an angel guiding you with a set of wings. Spring is my favorite season, without needing a reason, because it says it for itself.

Discussion Group on Budgeting

By Elsa

There was a Discussion Group held on April 17 on the topic of setting a budget for yourself. The facilitator was Veena, and it was held at Dundas.

Everyone in the group spoke about their experiences keeping a budget and managing money. A resident said he (she) has difficulty saving money and he dips into his

savings. It can be hard keeping a budget if you spend money on things you don’t need, or if you overspend. The following were some comments and tips from residents:

If you receive little income it can be hard keeping a budget. Food prices have gone up, so make use of food banks if you need to. Buying things second hand can save you money. The group also heard that it can be hard keeping a budget



if you have health problems. Some people save money by looking at grocery store flyers. The writer admits to spending too much money on magazines.

It was mentioned that you can borrow books and other material from the public library for free. It is important to know how much money you receive each month from ODSP and/or CPP, and how much you have available for laundry, food, clothing, and other expenses each month.

I think it is important to keep track of what you spend when you are using cash, ATMs and

making debit card purchases. By using cash instead of ATMs and debit cards, you don't pay service charges. A resident said not to use credit cards because the interest rates are high. Some people abuse their credit cards and end up with a huge bill. A resident in the group said that there is a Registered Disability Savings Plan (RDSP) that can help you save money for the future.

Veena gave out a handout on budgeting. It was mentioned in the handout that a budget is a way to track your money to ensure that the amount you spend doesn't exceed the amount you earn. Veena also gave everyone in the group a sheet to track their expenses.

Veena shared tips on budgeting by using strips of coloured paper. Among the tips were:

- Buy used and on-sale items (wash or freeze used items);
- Eat at home and pack lunches when you go out;
- Use coupons and buy in bulk;
- Take public transit instead of taxis;
- Think about tomorrow and your future, and save money;
- Make a budget if you don't have one. Write down your income and expenses each month. Save at least 5% of your income and stick to the budget;
- Don't let your friends pressure you into unnecessary spending;
- Recognize and distinguish

between your wants and needs;

- Use senior/student discounts if you are a senior or student;
- If you have trouble sticking to a budget, use jars or envelopes to put money in for each expense you have for the month and make sure it adds up to what your total monthly income is;
- Get a part-time job if you are able to work;
- Write down goals in order to prioritize your spending. The goals will help you decide how much you can spend and how much you should save;
- Do not borrow or lend money or run a tab at a restaurant or store.

Workshops Promote Recovery, Self Sufficiency

By Bianca

The STAR (Supporting Transitions and Recovery) educational program is the first project of the Urban Angel Fund For Homeless People, and is part of St Michael's Hospital. It caters to adult learners who are homeless or have been in the past, people who live in supportive housing, those recovering from a psychiatric diagnosis and people with a history of addiction. Their aim is to make it possible for all participants to make a smooth transition to self-sufficiency.

There are many courses in self-care, health and wellness. Everything is free. You just need to register before a class

begins. They have a schedule posted on their web site, and it changes from month to month. The classes generally tend to run for four weeks at a time. Once you are done, you earn a certificate and together with other students, you go on to celebrate at a graduation.

The class size tends to be small – a maximum of 15 people per course. The lectures are two hours in length at the most. There is no homework, tests or exams. Everybody is



encouraged to set their own pace and work towards achievable goals. As students you learn as a group, which in turn takes its own pace. You can repeat a course as many times as you want to. You can take a maximum of four courses at one time.

A comprehensive life skills curriculum is available for learners in the STAR program. The interactive workshops explore key aspects of independent living in a collaborative setting with your peers. The classes are led by an in-

structor and/or peer support workers, and the students help plan some of the courses and choose the class material. There are courses on boundary setting, interpersonal skills, anger management, assertiveness, nutrition and exercise. Classes and discussions on housing, medications, mental illness and the media, poverty, homelessness, and substance abuse are also held from month to month.

The STAR courses also emphasize skills and knowledge required for the world of work. At the STAR Learning Centre, people are encouraged to recognize and build on their strengths, gain self-confidence, manage stress and solve their problems. Courses on public speaking, resume writing, interviewing, and volunteering and employment preparation are available.

The program allows participants to customize their schedules by adding on recreational activities. For example, people can join a walking group, learn how to meditate, and develop a hobby or interest. It's a good place to meet new people and make friends. You can plan your leisure time to develop your health and learn to balance your life.

The recovery-based program is a unique venture for St Michael's Hospital and its Urban Angel Fund. Although it's aimed at people who are currently or formerly homeless, the program doesn't turn away anyone, whether they are a patient of the hospital or not.

You do, however need to be 18 years of age or older to attend the program. For more information, you can contact them directly at 647-302-7827 or by email at STAR@smh.ca. Their website is www.star.stmichealshospital.com.

When I went to the program, I took a course in anger management and one called Book Break in which we discussed works of poetry and fiction. I found that people in the class were sensitive and respectful of one another, and the staff were dedicated and patient. Overall, it was a good experience.

From what I have experienced, at STAR, you are not a patient but someone who advocates for oneself. As a self-directed learner, you create the program you desire. Only you can take control and effect change. Whether the problem area is relationships, lifestyle, family, or health, there is somewhere to go to get help. This is a place where you feel welcomed, and where you can be as open as you want to be without being judged. I recommend it to everyone.

Curry Chicken Recipe

By Samantha

In a pot over medium heat, heat oil. Add diced potatoes and cook for about 3 to 4 minutes or until lightly browned and tender. Remove from pan and drain on paper towels. Add cut carrots and

cook for about 1 to 2 minutes. Remove from pan and drain on paper towels.

Remove excess oil from pot, leaving about 1 tablespoon. Add onions and garlic and cook until limp and aromatic. Add small pieces of chicken and cook, stirring occasionally, for about 7 to 8 minutes or until chicken changes color and juices run clear. Add fish sauce and continue to cook for about 2 to 3 minutes.

Add coconut milk and water. Bring to a simmer. Lower heat, cover and continue to cook for about 25 to 30 minutes or until chicken is fully



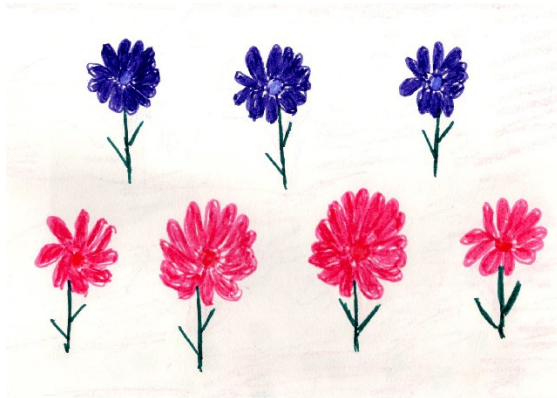
cooked. Add potatoes and carrots and cook for about 3 to 5 minutes or until fork-tender.

Add curry powder and cook, stirring to combine, for about 3 to 5 minutes or until sauce starts to thicken. Season with salt to taste. Add slices of bell peppers and cook for about 1 minute or until tender yet crisp. That's all you have to know about cooking curry chicken!



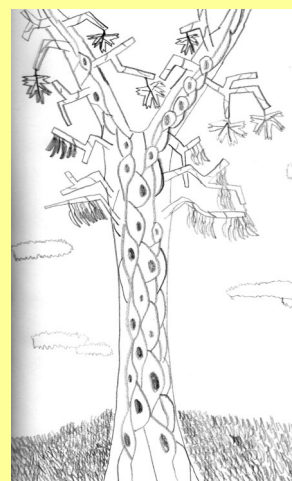
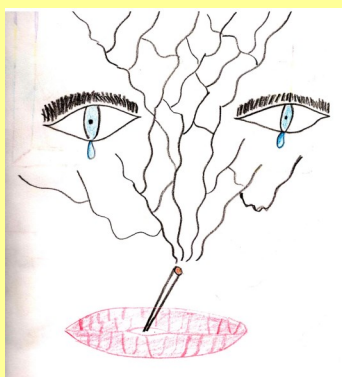
Patrick recently got up close and personal with a snake during an outing to a local pet store

Catharine's Artwork



More Resident Artwork

Art By Philip St.



Art By Jennifer

