



Hey Jude!

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Co-design Comes to St. Jude's

By Hayley

What is co-design and what does it mean to St. Jude's? Co-design was put in place to bring residents together to communicate their likes and dislikes about the meal program. The Co-design team set about to recruit resident volunteers to sit on the group, which endeavoured to design and conduct an agency-wide survey of residents.

The 2nd purpose of the group was to establish contacts in the local community to find out about free food donations received by other agencies, and how these agencies manage to keep within their monthly food budgets. The idea behind the Co-design project is that residents are experts of daily living at St. Jude's, and therefore their knowledge and insights are valuable. The ultimate goal of St. Jude's Co-design meal program process is to better serve residents and enhance the community experience of life at St. Jude's.

meetings were held and a decision was reached to conduct the Co-design meal program survey in two phases. Phase one consisted of group session surveys and some individual interviews. Phase two was to have featured individual surveys that residents would complete at monthly house meetings. However, at this point it is uncertain if and when this 2nd phase will take place.

The Co-design committee began by outlining the research objectives and the survey questions that would fulfill the research goals. The objective was defined as capturing the resident experience of the meal program. The Co-design committee, which includes residents, Resource Workers and Management, worked with our two cooks, Greg and Sarah, to establish the language and type of questions for Phase One and Phase Two. The end result of this whole process will be a written report for our Executive Director, Carol Zoulalian, about the meal program and how it is experienced on a day to day basis by residents.

Several Co-design group

It has been an interesting ex-

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perience and a pleasure to communicate to the residents that management is truly interested in what they think and feel about the meal program, both good and less favourable. All feedback is deemed valuable and a contribution to the smooth and successful running of what is the cornerstone of the St. Jude's com-



munity – the meal program-- where we all gather daily to sit, chat, embrace our sense of community and thank God for our daily bread.

Enthusiasm from residents has been positively and warmly received. I even had a resident knock on my door to say they wanted to have a one-to-one survey opportunity. The Co-design team delivered invitations to every resident to attend focus group sessions that were held during breakfast at both Dundas and Milan sites. An afternoon group survey session was also held at Dundas between the two dinner sittings. About 30 residents attended the group survey sessions, a good turnout.

Most of the feedback and

comments by residents proved to be on the complimentary side – with more likes than dislikes about the meal program. Residents are satisfied with the two dinner sitting times and like the variety of food served and most importantly, they appreciate the convenience of having someone cook for them daily. An

interest in having more community kitchens was expressed, as there is a need for better cooking skills among residents. (Many people eat free meals at places such

as Council Fire and 416 Community Support for Women on weekends, and also local fast food restaurants). The Co-design team contacted some of these local meal providers to explore possibilities for St. Jude's to receive food donations, and to learn how their meal programs are run.

Management and staff are eager to promote resident participation and involvement in this Co-design process. This is all about participative involvement of residents - shaping a positive future for St. Jude Community Homes. Together we can ensure that the meal program experience is welcomed, delicious and nutritious for all of us.

Much To See At Mad Pride 2016

By Cathy D.

It was a privilege to be at so many Mad Pride events this summer. I attended a lecture that featured Lucy Costa at Ryerson University on Tuesday July 12th. She was speaking on the subject of psychiatry. On Friday July 15th, I went to an "Improv Workshop on Anxiety." It was tremendous fun for everyone. I missed out on drama classes in high school as I was so shy as a teenager, so this workshop meant a lot to me. It



was filled with laughter.

Later in the afternoon I attended the "Introduction to Mindful Living" workshop where a few people talked about the benefits of Dialectical Behaviour Therapy.

Later that night, I attended a play called "What's Next: The Big C", C meaning cancer. It was at The Friendly Spike Theatre in Parkdale. The play was about smokers and being in the mental health system. The actors all did a wonderful job! Dawn D'Cruz from the Dream Team was one of the

actors. The play was very entertaining and funny.

Later still, I saw a couple of musicians and poets on stage in the back room of The Imperial Pub. One of the musicians was a drummer from a '90s Toronto band, called "Pig Farm." I don't know her name, but there was a blond angel wearing a black dress and red bandana kerchief around her neck, adorned with a red guitar. She entertained us with 4 songs. There was a female poet who recited her poems beautifully.

On Saturday July 16th, there was a pedestrian zone on Gould St. at Ryerson, from noon to 5 p.m. There were arts and crafts for sale, food, drinks, music and singing. I sang a few songs on stage and so did my friend, Christine. Christine, Mark and I manned the Dream Team table and spoke to passing pedestrians about our organization.

Then, on Saturday July 17th, Mad Pride week ended with a bed push parade that went from Parkdale Public Library to Trinity Bellwoods Park. The bed push symbolizes being let out into the community and reintegrating into society after being hospitalized in a psychiatric ward. At the park we had a picnic with wonderful food, and about 100 people attended.

That's Mad Pride 2016! Looking forward to Mad Pride 2017, and hope to see you all there!!

My Experience On The Dream Team

By Cathy D.

I have been a Dream Team member for the last 5 ½ years. I joined The Dream Team because of its mission: to advocate for more support-



ive housing for people with mental health and/or addiction issues. I learned about The Dream Team through Linda Chamberlain, who was volunteering to look after my cat, Zoey, while I was in the hospital one time. (Linda's volunteer program "People and Pets," looks after cats and dogs while people are in the hospital. This enables patients to keep their loved pets upon release from the hospital.) So here I am, nearly 6 years later.

The Dream Team consists of about 20 consumer/survivors, and one family member. It's like a big family, and I can't imagine myself without all these co-workers and friends. I am so blessed to be a part of this wonderful team. My responsibilities include sitting on the Administrative Committee and the Public Education working group. This is where

we discuss personnel issues and tailor our speeches for schools such as Humber College's Police Foundations Program.

We go all over Toronto, and sometimes Ontario to high schools, colleges and universities. We usually go in groups of 4 (2 men and 2 women), to

deliver our 5-minute speeches on our personal experience with homelessness, living with mental health issues, and how we benefited from living in supportive housing. We also advocate for more supportive housing. I personally share my wonderful experi-

ence of living at George Herman House. It houses 10 women at a time, and there was a little feline therapist named Phoebe. Any time a woman was crying, she would always follow her to her room! In my speeches I also mention how lucky I am to be living at St. Jude Community Homes!

I also was part of the strategic planning committee 2 years ago and helped to shape the organization's priorities and working groups. The benefits of working with The Dream Team for me include a cathartic feeling and a feeling of empowerment each time I tell my story.

One year I travelled to Ottawa for the 4th International Anti-Stigma Conference, where actress Glenn Close was the keynote speaker. I also went to Niagara Falls a couple of years ago for the Ontario Non-

Profit Housing Association Conference. Also, one summer I went to a camp called The Social Justice Retreat, with many Dream Team members and other like-minded people. It was a weekend of learning and fun with nice meals. We stayed in cabins, and enjoyed sitting around the campfire with guitars and songs, and attended workshops of our choice at Camp Arowhon in Algonquin Park!

I look forward to many more years with The Dream Team and value the work I do for this terrific cause: advocating for more supportive housing. It's called "The Dream Team" because it's our dream that one day, everyone will have safe, secure, affordable housing. It's a right!

John R. – My Music

I'm involved with a band at Creative Works Studio called the Social Mystics. Creative Works is a St

Michael's Hospital occupational therapy group that I started going to in 2013.

On Wednesdays, they have painting classes and a Song Writing Group in the afternoon as well. I would say the most exciting part was my participation in the making of a CD called *Coming Out of Darkness*,

which used lyrics from our Song Writing Group.

On the CD, I play guitar and sing vocals along with about 12 other members of Creative Works Studio. The recording sessions were done in September and October of last year (2015). Isabel Fryszberg, Creative Lead and Occupational Therapist of Creative Works, has much experience in the music business. Recording sessions were very intensive and the finished CD has a professional quality. Once the CD was released, I felt a big sigh of relief, and also a real sense of accomplishment. Social Mystics is still growing and we continue to write songs together.

I'm a self-taught musician. I mainly play acoustic guitar and through the years have performed in public many times, including some of my own compositions. (I am a regular performer at an "open mike" show called Fat Alberts.)



Music Group at Creative Works gives me an opportunity to play with other musicians, which I didn't do when I was younger.

The Song Writing Group al-

lows me to stay close to my musical side. The way I sound on the CD gives me satisfaction and joy because, although it wasn't easy to produce this recording, the final product was worth the effort! You can purchase the CD online at the studio's web site www.creativeworks-studio.ca, for \$15.

Going Back To School: A Personal Experience

By Bianca

Taking steps to further our education while living with a barrier like mental illness is both worrisome, and for some of us, doesn't appear to be very realistic. In fact, after a lengthy



hospitalization, how does a person really know what he or she can and can't do? Do we live with a retired status for the rest of our lives, or do we set meaningful, challenging goals for ourselves such as pursuing higher education at college or university, and work? And if we do take the plunge and return to school or work, are we prepared for all the hard work and sacrifices that inevitably go along with this?

These are some of the questions I asked myself as I thought about what I wanted to do in the future. I really value higher education, because I believe that school can enrich one's life. Also, as a person who struggled to find gainful employment, I have learned in hindsight that fear is the only barrier we all face. Aside from that, we often make excuses for ourselves that can leave us trapped in a rut, whether we realize it or not.

In my case, I let go of what was most valuable and worthwhile in my life, including my interests, and eventually depression got the best of me. I went to see my doctor, who pointed out that my circumstances made me feel the way I did to some extent, and that no medication could bring about the necessary changes I needed to make. So, I considered all possibilities at this point.

Having too much time on my hands, I went out there to look for a job. I did work for awhile, but eventually realized that clerical work wasn't what I wanted to do in the long term, so I quit my job. Next came some more soul searching. I needed to be more honest with myself than I ever was before. In order to change the way I felt, what did I need to do?

Well, for starters, I had always regretted never pursuing higher education. And so the search for inspiration and advice began, and I started surfing the internet. Was I, first of

all, too old to go back to school? Or was I too sick to consider upgrading my level of education? And who would support me in the event of setbacks?

Fortunately, I discovered that there is help available if you choose to pursue post-

taking, and perhaps go over the material with you. Although this was helpful, I remained skeptical about the whole experience. For instance, what if you experience too much anxiety writing tests or exams, or you need more time than other students to prepare for them?



I called several disabilities offices again to inquire about what kind of arrangements they can make for you. Surprisingly, some colleges and universities allow you to write your quiz, test or exam in a quiet space that is separate from

secondary education. For example, there are disability offices on campuses that cater to all kinds of students with all kinds of disabilities. At Ryerson University, for example, a person with a mental illness can make special arrangements to study at their institution. They made it clear to me on the telephone that the first step was to apply to get into a program. Secondly, so long as you have a doctor's note, you can apply to take a reduced course load. They explained to me that you could stay enrolled in your program and take only two courses per semester if you wanted to.

In the case of George Brown College, as a student you can request access to a tutor who can help you with your note

the room booked for your peers, and they may give you extra time if you need it.

I also found some useful information on a web site of CMHA (Canadian Mental Health Association) entitled *Your Education – Your Future: A Guide to College and University For Students With Psychiatric Disabilities*, at <http://www.cmha.ca/youreducation/introduction.html>.

Among its many sections, the web site has a checklist on making the decision to attend college or university; how to go about choosing which program interests you; applying for admission; services for students with disabilities; the issue of disclosing one's illness; and financing your education.

I have already begun the process of pursuing a college education. About 2 years ago, I did the RTE (Redirection Through Education) program at George Brown College, and I'm now pursuing a certificate in creative writing. In addition, I recently applied to study Office Administration-Health Sciences at George Brown, and I am pleased to say that I was accepted! Starting next January, I will be starting this full-time diploma program. So things have worked out well for me, and I hope they do for you as well.

Poems By Fred

1. Rainbow River

Upon a cloud rests a magical lake;
waters of colours from violet to red.
And a streaming waterfall it does make,
to the river below, mists shed.
Vapors of beautiful rainbow light
Do but tantalize the blessed land.
With all the colours so very bright,
from the great sky to humble sand.
A roar from amidst the water's landing,
It crashes and echoes long into the night.
With the forest creatures symbiotically banding,
To come forth and witness the sight.
A rainbow river is formed in its glory,
the waters of which animals call home.
To gaze upon it one never

feels
its magic inspires all hearts to roam.

2. Lost in The Scribbles of Time

Lost in the scribbles of time, a writer jots poems astray.
He always quibbles with rhyme, and blots what he may.
With a breeze blowing in, his paper is suddenly afloat,
Towards the fireplace within, he dives and catches what he wrote.
Reads it...then tears up the page anyway!

3. Mother Nature's Magic

Whispering night winds,
Days of glory and bright light
Fulfilled in their truth.
Brilliant gold sun
Shines with beauty and great warmth
Gives life to the land.
Clouds as wonderful
As white paintings in the sky
Cast shadows as watched.
Trees of green and brown
Rustle with tickles of wind,
Home of animals.
Nightfall evokes stars.
The moon glows and reminds us
The way home is lit.
Dawn breaks in morning.
Light seen again by townsfolk
Beckons start of day.
Utopia
Forests, lakes, mountains and land
Is Mother Nature.

Shared Feelings

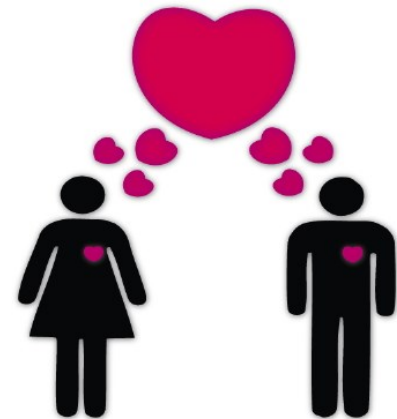
By Natalie

I know we just met, but I want us to get to know each other

sorry, better. Looking into your eyes makes me think about our possibilities for the future. I think we would be a good fit, so let's sit and think about it. I get the impression we have known each other for a long time.

Having feelings like these coming on so fast makes me feel that they will last. You are really nice and make me feel comfortable when I am around you; these are important reasons why it would be easy to stay true to you!! Life can throw out many twists and turns, and finding someone special is part of my yearning.

Following a person's heart is smart, because finding the right person is a blessing from up above. Love is special and essential in this world, where



we can all feel alone sometimes. In my life I really feel like I've grown; I have really flown! Trusting feelings are vital to opening up and sharing how a person feels, and revealing what is on his or her mind.

Having special moments will give us happy memories and

will ensure our wishes are fulfilled. Showing who you are can take you a long way in terms of expressing yourself. Learning to become confident is essential in order to share how you feel. Time will tell where each person's life goes. Having someone you care about shows how you feel in your heart!!

A Story About Halloween

By Natalie

As Halloween was fast approaching, the trees outside where the Brook family lived were changing color. Susan, age ten, had a younger sister named Melissa, who was six. Their brother's age is three, and his name is Ben. They decided to go together to a park near where they live. The children walked around the park, enjoying the scenery. Then they sat on some rocks near a body of water. After a while they went home with thoughts of excitement about Halloween being around the corner.

The next day at school the children made crafts to decorate their classrooms to represent Halloween.

A few days before Halloween, Susan, Melissa and Ben went with their parents to see a spooky movie at the theatre. It was called the "Witches in the City." During the movie there was a lot of screaming! Afterwards, they all went out for dinner at Swiss Chalet, and for dessert they ate pumpkin pie.

The day before Halloween, Susan, Melissa and Ben went to the mall to pick out their costumes with their parents, Sherry and Tim. Susan wanted to dress up as a witch, Melissa as a princess, and Ben wanted to dress up as a clown. They had a lot of fun at the mall. Their parents had fun too, seeing their children's excitement, and Sherry and Tim picked out costumes too.



It is Halloween night and the children are all dressed and ready with their candy bags to go out Trick or Treating around their new neighbourhood. Their parents got a babysitter. The houses were magnificently adorned with all kinds of Halloween decorations. The children especially loved seeing the pumpkins lit up with candles, and the people giving out candy who were dressed up!

Everything was going well, until the children realized that they were lost. They were some distance from their home, it was dark, and they

didn't recognize any of the streets, which were curved. They decided to ask for directions.

At the first house, the person who came to the door was dressed as the Grim Reaper! They were so afraid that they ran away and forgot to ask for directions. At the 2nd house they went to, the person was dressed as a scarecrow, and made a loud "caw, caw" sound! They ran quickly from that house as well. Finally, they went to a 3rd house, where a woman dressed as an angel answered the door. Fortunately, she knew the neighbourhood well, was very nice, and offered to show them the way home.

When they got home they dug into their candy bags and had their fill of candy. Their babysitter had a bag of candy for herself as well. The children were too alert to go to bed, so their babysitter allowed them to stay awake until 11:45 p.m. They made some snacks and watched some T.V. shows related to Halloween.

Their parents went to an adult party. Their mom dressed up as a Witch and their dad dressed up as a Vampire. At the party there was lots of food, like pizza and sandwiches, desserts and of course lots of candy! For entertainment there was dancing and playing

games like charades. At about 2 a.m., Sherry and Tim got home. They found their children fast asleep in their beds, and looked forward to hearing about their time spent celebrating Halloween.

The End

Poems By Kate

Space

Space is full of mystery
With twinkling stars and shining moon;
The space around us is a periphery
Of expanding air and a mellifluous tune.

But what I love is my personal space
The room I inhabit or the curtains of lace.
It is there that I can be myself
To think or to write as if freed from all doubt.

Reticence

My apartment is silent now
Without the cacophony of construction.
I dwell on this thought: that for so many people I know, life is so hard.
I hold back my sorrow, my grief at their stoic suffering and am reticent.
Sometimes, talk is superfluous, we need silence to shore up our souls.
And then we move on to other impulses, other words of our own choosing.
The sky is dark today as I muse

on all this, but I know things will endure if we but hang on to what matters.

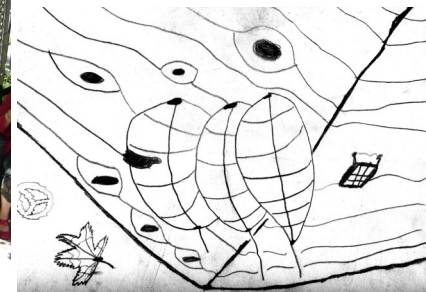
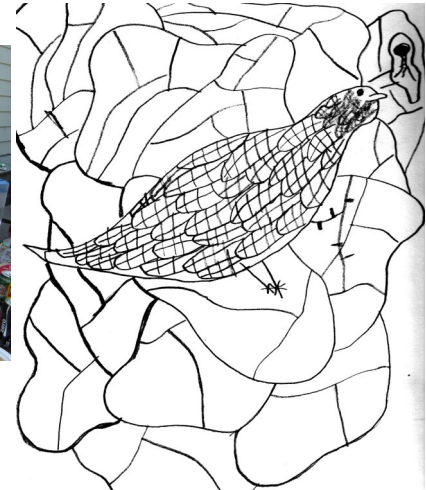
Summer BBQ



Residents from Dundas and Milan enjoyed several barbecues over the summer in the backyard of Milan.



Artwork and a Recipe by Philip St.



Vermicelli With Chilli Powder.
Ingredients: 1 Package of Vermicelli;
 1 Package of Chilli Powder;
Directions: 1) Fill Saucepan 1/2 full with water.
 2) Add 1/3 Package of Vermicelli noodles.
 3) Bring water to a boil and let boil 5 minutes.
 4) Turn stove off and drain water.
 5) Pour Vermicelli in bowl. Add 7 to 3 tablespoons of Chilli Powder. Mix and Enjoy!

Artwork By Jennifer



Cathy's Artwork/photo



Resident Colouring Group

Art By Ann



Sarah W.



Risch

