



# Hey Jude!

Winter 2017  
Volume 24 Issue 2

## PRESIDENT'S REPORT

St. Jude  
Community Homes  
2016 Annual  
General Meeting  
(December 9, 2016)

Hi everyone and good afternoon. My name is Dan Carbin and for the past three years I have been serving as Chair of the Board of Directors at St. Jude. It is my privilege to be able to deliver some brief remarks on behalf of the board.

First off, welcome to all of our assembled guests. It is great to see so many people here who have played such a crucial role in the success and growth of St Jude's over the

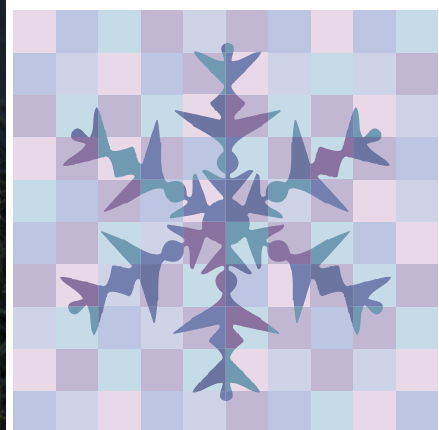
past 25 years. People like Angela and George Smitherman and Pam McConnell and everyone else who has played a role in helping turn what was really just an idea over 25 years ago into what is today a thriving multi-site agency that provides such tremendous support and a sense of community to those who live across the various St Jude buildings.

The past two years have been filled with change at St Jude – as long serving staff leaders such as Angela and Mare have retired. Soon, Alan will also be retiring. We've also had tremendous changeover in the board with past Chair Lucas Lung and long-time treasurer Jim King having departed in the past year.

*(Continued on next page)*

## In this issue:

**A Perspective on  
St. Jude's  
Praise For Alan  
AGM Celebration  
A Living History of  
Regent Park  
Jeffrey—My Story  
Learning From  
WRAP  
Kate—My Story  
Returning to School  
– Part 2  
Resident Artwork**



Today also marks the final board meeting for our vice-chair Andrew Clarke, Board Secretary Michael O'Driscoll and Board Director Matthew Forrester; we are going to get the chance to formally thank them later in the program. Although change can be difficult and seeing good people move on is always challenging, change can also be tre-



mendously powerful and positive for organizations.

New people come in, new ideas emerge and new ways of tackling tough problems are tried out. We've certainly seen that over the past year under Carol's leadership. Last year in my remarks I was welcoming Carol to St Jude. Now it seems like she has been here for years. Carol is really putting her own stamp of St Jude and it is exciting for the board to work with her to chart a new course for the organization.

This September the board and the executive team spent a day working to develop a new strategic plan to guide St Jude forward over the next 5 years. We are all very excited about the opportunities available.

We believe that there are a variety of ways that this organization – working in partnership with others – can help address some of the huge unmet needs that so clearly exist in our community. The world needs more St Jude!

We look forward to seeing more progress on this over the next year and updating you at next year's AGM on what we have done.

Finally, I would like to welcome new board members Jackie Rankine, Shane Smyth and Michelle Rossi and Jeffrey Flaxman. Three of these folks joined us in mid-year which is somewhat unusual for St Jude, but we really wanted to get them involved in the strategic planning process.

The new board members have already proven themselves a tremendous asset to the board and to St Jude more broadly. I hope that you all get a chance to talk to Jackie, Shane and Michelle and introduce them a bit more to the organization. And to our newest board member Jeffrey – we are all excited to get to know you and work with you over the coming year.

Thanks and happy holidays to all.

Dan Carbin

## A Personal Perspective On St. Jude's

By Neil

*The following are excerpts from a speech Neil gave at the Annual General Meeting on December 9 on the occasion of St. Jude's 25<sup>th</sup> Anniversary.*

St. Jude's opened its doors in April of 1991. It was founded by Maureen Giroux and Father Joe MacDonald. It took 5 years of planning to open St. Jude's.

I moved into St. Jude's on April 1, 1991, one of the first residents. There was a lot of mental turmoil in my life at that time. I compensated for this by having a structure, living at St. Jude's, working with A-Way Express Courier for more than 17 years and going to Progress Place for 25 years. At first there were four live-in staff at St. Jude's, recent university graduates. They were there for about 2 years.

In the mid '90s, Luis was also a live-in staff for quite some time. In 1993, according to Mrs. Bock, "The goal was to build confidence and self-esteem so that each individual could realize their gifts, talents and potential, with the emphasis on ability rather than disability."

When St. Jude's opened in April of 1991, we did not have much furniture – Mrs. Bock sat on orange crates. Angela became executive director in 1993. She had previously

worked as a nurse with COTA in the mid-to-late 1980s. Angela provided a vital service to St. Jude's. Without her, there would not have been a new St. Jude's at Milan.

Before 2005, there were three workers at St. Jude's who provided a vital service: Sandra, who introduced computers and jewelry making to the resi-



dents; Krystyna, who took us to Ashbridge's Bay and The Big Carrot, and Lisa, who provided good counseling. Around 1995, Jacquie and Lisa were live-in staff.

Prior to 2005, we went to African Lion Safari, a Titanic exhibit and a Janet Jackson concert.

There was a lot of planning for the new St. Jude's at Milan and Coatsworth, from 2000 to 2005. It took this long for this residence to open. There was a lot of opposition from the neighbourhood. This was NIMBYism (not in my backyard). We appeared before a committee of City councillors. The new St. Jude's was also approved by the Ontario Municipal Board.

Right now there is a real feel-

ing of community at the two main buildings. This occurs mainly at breakfast and dinner times. There are two other buildings, 20 units at Gerrard (also known as Normandy), and five apartments at 40 Oak St. I lived in psychiatric boarding homes in Parkdale between 1981 and 1991. I learned a lot in the boarding homes. I am an MBA who almost ended up being homeless. My family helped me move into St. Jude's.

As I said earlier, supportive housing helped me get my life back on track. I can now manage and function in society. Back in university in 1963, I heard Barbara Streisand sing, "People who need people are the luckiest people in the world." That made a real impression on me.

How do I make up for everything I have learned at St. Jude's? Before living here I was a loner and I withdrew into my own world. However, since turning my life around, I have been on 5 mental health boards. In addition, I was on the Board of St. Jude's from 1994 until 1997. I also advocated for supportive housing for 17 years as a member of The Dream Team. We are trying to do something about homelessness. Psychiatry, religion and speech therapy have been criticized, but without these three disciplines, I would not be the person I am today.

There is a new breath of fresh air at St. Jude's. I liken it to the beneficial changes in the Catholic Church at the Vatican Council in the early 1960s. There is better lighting in the dining lounge, art work there, an interview room and an improvement in the quality of the meals. Also, people are making better use of the television. After nearly 15 years as Program Manager at St. Jude's, Alan will retire on December 23<sup>rd</sup>. He has done a good job and is very capable.

Shannon is taking his place, and we know she will do very well. We wish her all the best. In addition, there has been a complete revitalization of Regent Park.

I would like to finish with a quotation from Anne Marie Currie, the well-known nuclear physicist: "There is nothing in life to be feared, only understood."

## Some Comments For Alan On His Retirement

*The following are some of the many comments that residents wrote for Alan, which were typed and placed in a scrapbook that was presented to him on December 23.*

My initial meeting with Alan is my favourite memory of him. I had just moved and he came by my apartment to see if everything was going well. When he saw my record collection he was amazed and we talked about the lost art of album  
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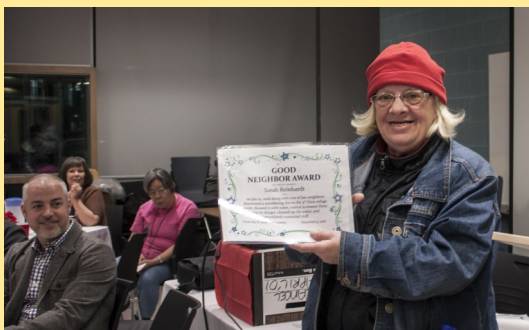
## 2016 Annual General Meeting

A large number of residents, guests and staff came out to the AGM on December 9 at the Regent Park Community Centre to celebrate the 25th anniversary of St. Jude's. There were several guest speakers, a wonderful buffet meal, and recognition of staff and outgoing Board members. At least a dozen residents received Good Neighbour Awards, the comedy group Laughing Like Crazy provided entertainment, and there were door prizes.

*(Photos by Rocan)*



## More Scenes From the AGM



cover art work. What I think I'll miss most is his great sense of humour among many other things. To me he has been a great support and friend.

I hope you have a blessed, happy future. I will miss you a lot. A lot of changes happened in our lives, but Jesus Our Lord is the same, Our Blessed Saviour. Thanks for all your help and prayers.

I feel very sorry that you will not be here anymore, but I wish you from my heart, happy retirement!

Your support is indescribable. You have been a very great support to me and I can't describe it. Thank you.

Alan you are amazing and inspirational and I wish you did not have to go. Your presence will surely be missed.



Thank you for all the words of wisdom and your advice and support. May you have many happy years of retirement.

Thank you very much for your kind and appreciably friendly ways of being thoughtful, and also thank you very much for hosting the Breakfast Facilitators' meeting.

Thank you again for your long and joyous friendliness.

You were a shining light and thank you. Peace, Joy.

For many people you were and are wonderful. For me, you were, and are absolutely special. In fact, you were my guardian angel. Thank you!

God's love go with you always. I will always keep you in my heart. Thank you so much.

You have been a wonderful asset and truly skilled professional that we are all privileged to meet and to lean on through difficult times. You should be proud of all your accomplishments.

Thank you for your kindness, generosity and support, being thoughtful, kind and respectful.

I will never forget your witty sense of humour, your smile and having interesting things to say. St. Jude's will not be the same without you.

Alan you have done a great service for the community of survivors. May God bless you abundantly, and have a happy retirement with your family and may

## THE JOURNEY – A Living History of the Regent Park Revitalization

By Hayley

What a night to remember! A group of four residents set out with Linda to watch The Journey – alongside Regent Park community members. Many of these people have lived an interesting past and present, and have spirits running over with hope and sights set on their brightest possible future yet.

We arrived at Daniels Spectrum shortly after 6:30 pm, time enough to appreciate the music being played and mingle with the large crowd in a wonderful ambience. It was time to sample the delicious rice, dahl, dumplings, samosas, tuna cakes and salad that were being served to the audience. Free pop was also available as well as a free candy bar – the latter which I must admit I went a little crazy over, despite my age!

At 7:30 pm, the new Managing Director of Daniels Spectrum introduced a member of the local community who spoke about how her story and the history of Regent Park brought her to tears. The show's sponsor was RBC, and the RBC's Parliament and Dundas branch manager spoke about how proud the bank was about this.

There was a door prize draw with Sony headphones and a Samsung tablet and a basket-



## Retirement Party For Alan

Residents, staff, and Alan's family gave him a warm sendoff as they celebrated his 14 years of service to St. Jude's. There were many gifts presented and tributes made to Alan and his many qualities and accomplishments.

*(Photos by Rocan)*



ball autographed by the Toronto Raptors were offered as prizes. What a wonderful way to get the audience excited



about the evening and an opportunity to learn of RBC's role in making The Journey possible.

The show's programme described the show as "a spirited musical based on the historical transformation of the Regent Park community". Spirited indeed it was! The performance lasted one and a half hours and was a vibrant, colourful display of life in Regent Park.

Having moved to the community only a little over two years ago, I did not know the old Regent Park. What I view as ultra-modern and the strength of the community today, such as the new condominiums, are to others a threat to what once was and always seemed familiar and home to them. The show captured Regent Park's nearly 70-year history and social reactions to local changes and the community challenges

each change presented.

There was wonderful on-stage talent, from teenagers to the elderly and faces representing the diverse nature of the Regent Park community.

There were some electrifying voices, and it certainly was an evening of entertainment fit for all ages. A much enjoyable time was had. Let's hope that St. Jude's offers residents the opportunity to see more theatre shows in the future. Eyes on Daniels Spectrum for more free on-stage community productions.

## Jeffrey - My Story

I was born and raised in Scarborough. Most of my life, I lived with my parents at Midland & St. Clair. I have two siblings, one sister and one brother. I went to a Catholic school as a kid and I played a lot of sports in school. I played basketball, volleyball (I was on the volleyball team), floor hockey, softball and indoor soccer. My dad taught me how to bowl.

I went on to join a bowling league at Bathurst Bowlerama for seven years and I won a few trophies. I enjoyed bowling very much because I got to meet some nice people. I was in a tennis league too. I took tennis lessons when I was living with my father later, and I had some good experiences there too.

I golfed at Dentonia Park golf course, and I golfed in a tournament and won a prize. My dad passed away when I was 16 years old. I went to California on a vacation for two weeks when I was 11 years old with my mother and it was very memorable. I had a nice time there, we went to Disneyland, and I got to meet most of the Disney characters.

Later on, I lived at 550 Kingston Road for over ten years before moving to St. Jude Community Homes. A friend of mine supported me at that time by putting in a good word



for me. I really like living at St. Jude's, and I'm happy here. The staff here are very supportive, helpful and they give good advice. I have some good friends here and I like my apartment at Gerrard. All of my family have been very supportive of me over the years.

I had a very good psychiatrist in Sunnybrook Hospital and this person was very helpful to



me when I was hospitalized back in 1993. At that time I had a nervous breakdown and was in the hospital for two weeks. Ever since 1993, I've been pretty stable. I attended Progress Place in the 90s, did some volunteer work there and also did office work, cleaning and delivering flyers. I also did a few dishwashing and cleaning jobs using this experience. I was provided with great support at Progress Place.

I am mostly a positive person. In 2010, I started going to a gym. I was not happy with myself and my weight when I decided to work on it. It took me over a year to lose 40 lbs. I worked out seven days a week and exercised on the bike. I was given a plaque by the gym to recognize my dedication. I felt good losing weight and was energetic. I cut out junk food (cookies, chips, etc.), and take-out food, and started eating healthy food.

## WRAP: Wellness Recovery Action Plan

Submitted by Eldine

A WRAP group was held at the Milan site of St. Jude's from Sept. 12 to Nov. 14. It was facilitated by a peer leader named Carmen, and everyone who participated received a certificate. Residents celebrated the final class on Nov. 14 with cake!

The source of this article is a handout we were given from Mary Ellen Copeland. Mary Ellen developed WRAP in

1997 with a group of people who had lived experience of serious mental health challenges. WRAP is now being used by people and in groups around the world.

The WRAP program involves an educational and planning process that is grounded in health recovery concepts such as hope and empowerment, along with self-advocacy, and



interpersonal support and connection. A core WRAP principle requires that we all support each other in creating a non-judgmental, accepting environment with other peers for this journey.

Within this group setting, individuals identify their personal resources and explore simple, self-care tools (for example, focusing exercises, relaxation and stress reduction techniques) for keeping themselves well and for helping themselves feel better in difficult times. As group members work together, they are guided by and learn from each other.

WRAP starts with identifying wellness tools. The toolbox may contain a wellness kit, a recovery kit, an action kit and (but not limited to) a planning kit.

## Kate – My Story

I was born in Montreal, the middle daughter of five sisters. Fortunately, I was given a good education at a private school in Montreal called "The Study". I went on to study at a college and university in Montreal, having spent one very difficult year at University of Toronto when I was 17.

I chose to study the Arts – languages, art history, poetry, film, drama and novels. After graduating in 1980, I worked in a W.H. Smith bookstore at Place Victoria in Montreal, in charge of the French book section. Then I travelled to Europe with my youngest sister, Jocelyn, on a free ticket won in my father's hospital raffle.

It was then that I started getting very ill. During my travels I was a bit confused and also physically sick. But I did not know then that I needed help. After working for the government as a typist for one year, I had a complete psychotic breakdown and was hospitalized at the Allan Memorial Institute in Montreal. I did a few odd jobs that summer and then went back to school at McGill University in education. I really enjoyed that year, meeting really nice people and learning about kids and teaching.

Then I went up north (seven hours north of Montreal) to teach English and world religions at a Department of National Defence school. One thing I did there that really helped me was making ce-

ramics in a kind of untutored workshop. But I was only able to teach there for one year. Afterwards, I did various jobs back in Montreal (Bowring and Reader's Digest magazine) and then moved to Ontario to teach again (French). I ended up two years later in Toronto without being followed by a psychiatrist. I worked in an



office and became very ill by not taking my meds. Finally, through my GP I got hooked up with Dr. Menchions, whom I am still seeing. That was my first real confirmation of my illness.

As I reflect back, I think I was too stubborn about my illness. But I am a very independent person and a fighter. Now that I have accepted my illness and my father's death in 1997, I feel much at ease with myself. I have always loved writing and classical music and that has helped me a lot. I moved to St. Jude's after living on my own for 25 years. It has been a difficult adjustment but I like the people and the staff.

Since moving to St. Jude's in May, I have made a few

friends and attended several activities. These include Wii bowling, which was completely new to me, Current Events, and several Walking Group outings including a tour of Cabbagetown. My advice to other residents at St Jude's is to keep busy and build on positive experiences you have had in your life. I like to keep an open mind to people and life in general, as well.

I mainly turn to my doctor for support. (With his guidance, I returned to part-time studies at the University of Toronto and completed a degree in sociology). But I also have a very supportive

family--my sisters and my mother--with whom I speak quite often. In the next six months I would like to do some tutoring if I can, and continue my painting at Creative Works Studio.

I feel that I am a kind and generous person who has been through a lot of struggles and ups and downs in my life. I find St. Jude's is just the right place for me to blossom as a person and live up to my potential.

## Going Back To School: Part 2

By Bianca

In Part 1 of this 2-part series, I discussed my decision to return to school and pursue a

career, and covered some of the supports that are available. In this article, I will talk about how to pay for a college or university education.

Believe it or not, there are loans, grants and bursaries available for people who have a mental illness or other disabilities and are returning to school.

In Ontario, the main student loan and grant program is called OSAP; it is available to all Ontario residents who are Canadian citizens. When determining if you're eligible, the government considers your marital status, the school you will attend, the program of study, the course load (full or part-time), study period, academic progress, education expenses, and you and your family's financial contribution.

If you have been allocated the maximum student loan and still can't cover your education and living costs, the Canada Study Grant for High-need Students with Permanent Disabilities provides up to \$2,000 per year to help you meet the cost of tuition, books and living expenses.

Another program, the Canada Study Grant for Students with Permanent Disabilities, provides up to \$8,000 per year to pay for education-related equipment or services that you might require (i.e. a computer, tutors). This grant is awarded on the basis of financial need and is directly related to your disability.

To qualify, you must apply for

a full- or part-time student loan. If you are found not eligible for a student loan, you may still be eligible for a grant under certain circumstances. Unlike a student loan, study grants do not need to be repaid.

Bursaries are also awarded on the basis of financial need and do not have to be repaid. They may be available from your college or university, community groups, service clubs, etc. You will want to talk to the stu-



dent financial aid office at your college or university about what is available.

The federal government has a special bursary called the Canadian Millennium Scholarship. You will automatically be considered for this bursary if you fill out the relevant section on your student loan application.

Scholarships are usually awarded on academic merit. They may be a few hundred dollars or a significant sum of

money, and unlike student loans, they do not have to be repaid. Colleges and universities award a wide variety of scholarships so you will want to talk to the student financial aid office about what is available. There are also other scholarships available specifically for students with disabilities, including psychiatric disabilities.

I applied to the Office Administration – Health Sciences program at George Brown College and was accepted, but did not have enough money saved to pay for my tuition and books. I have applied for financial aid through my college but won't hear back from them until sometime in January 2017.

Regardless if I receive money from the college or not, I decided to investigate my educational options further. I have since learned that there are also part-time programs which a person can take through Continuing Education departments at local colleges and also universities. Many of these programs will grant you a certificate, but there are also diplomas, advanced diplomas and degree options available.

Right now, going to school part-time looks like the best option for me. I can take a reduced course load and can repeat courses if I need to over a span of ten years.

I hope these articles have been helpful. I encourage anyone who wants to go back to school to consider all the options, get the right information, and make a decision that you are comfortable with. Pursuing higher education is a gamble, but it is something that is worthwhile in the long run.



*Annual garden takedown at Gerrard: Matthew, Jeffrey and Wayne prepared the garden for the Winter on Nov. 16 by removing plants, turning the soil, and putting leaves on top.*



## Resident Artwork

Paintings By Fred



The Magic of Love



A Thousand Summers Later

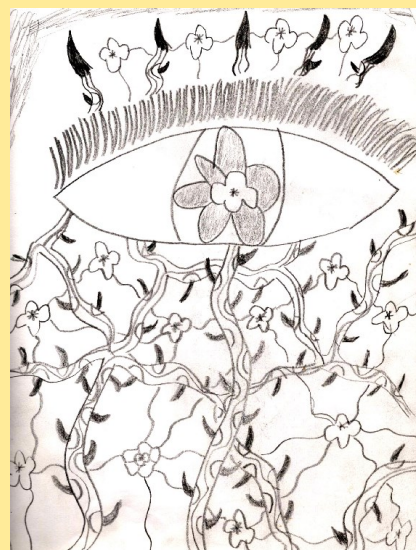
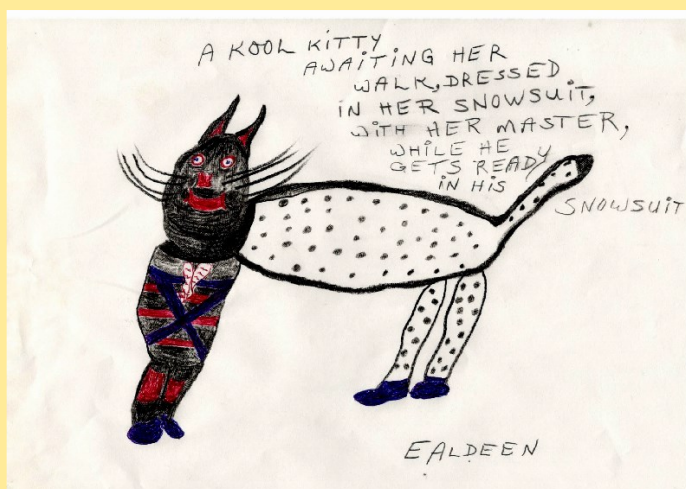


Angel of The Abyss

## More Resident Artwork



Three sketches by Philip St.



A Cool Kitty, by Eldeen



## Artwork and Photos by Jennifer



These photos were taken during an outing to the Christmas Flower Show at Allan Gardens on Dec. 17.



## Karaoke Christmas Party

Twenty-five residents had a blast at the annual party at Dundas on December 16, facilitated by Debbie and Linda. Some people also danced, refreshments were served and each resident received a gift.



## More Scenes From Karaoke

