

Hey Jude!



Fall 2017

Volume 24, Issue 3

In This Issue

NEW FACES	6
CONSUMER EMPOWERMENT	9
DIABETES PRESENTATION	10
SOCIAL PLANNING CELEBRATIONS	12
STAFF RECOVERY TRAINING	13
RECIPES	14
WEEKEND EVENTS	16
RESIDENT STORIES	30
POETRY AND ART	35



**Welcome to the brand new
Hey Jude Newsletter!**

St. Jude's would like to thank graphic designer Austin Mateka for volunteering his time to design the layout of the newsletter, we couldn't be happier with the results and we hope you will be too!

Feel free to take a copy of the newsletter home with you as more can always be printed. And don't hesitate to speak to staff if you have any comments about what you see or would like to see in the upcoming issues.

Happy Reading!

News and Events



WELCOMING NEW FACES TO ST JUDES!

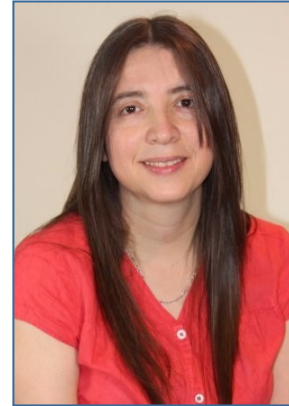


Frank

Manager of Building Services

Frank began working at St. Jude's on October 2nd as our new Manager of Building Services. He is in charge of all things maintenance, the fire system, and any bricks and mortar work that needs to be done. Previously, he worked at Mainstay Housing for 7 years and was in charge of managing 41 properties, wow!

However, Frank's first career started in the airlines industry working for companies such as Airtransat, SkyService, and Olympic Airlines. He decided that the travel industry was not for him and began his career as a property manager. In his spare time, Frank loves to go boating on his speed boat around Lake Ontario and the Etobicoke Yacht Club and play the accordion. In fact, he is a certified accordion teacher!



Sara

Finance Manager

Sara started working at St. Jude's in September and has been loving it so far! She is in charge of our finance department including payroll, government reports, taxes, funding, etc. Previously, she worked with Canadian Crossroads International, an international development organization in Toronto for the past 9 years.

Sara has been volunteering at Romero House for the past 10 years during tax season, and she is also part of its Board of Directors as a Treasurer.

She immigrated to Canada in 2002 from Colombia with her husband, a 4 year old son, and one month after a baby girl was born.

Sara decided to work for St. Jude's because she enjoys the daily interaction with residents, where she sees how her work directly benefits people.



Ludelyn

Placement Student

Ludelyn started her student placement with us on September 5th as a nursing student from Humber College's Bridging to University Nursing Program. Prior to that she completed 2 years of the Registered Practical Nursing program. Her placement before St. Jude's was at the Scarborough and Rouge Hospital for 3 semesters.

She moved to Canada from the Philippines in 2012 with her family. She has been enjoying her time at St. Jude's meeting all the residents, getting to chat with them, and hearing their stories. She has begun a weekly drop in session at Dundas where residents can meet with her to ask health care questions and she can take blood pressure readings and temperatures. Make sure you go see her with any health concerns you have!



Naema

Placement Student

Naema began her student placement at St. Jude's in September while also completing her studies at Humber College's post-graduate Mental Health and Addictions program. Previously, she obtained her degree in sociology from McMaster University. She has spent her time getting to know all the residents, chatting at coffee house and dinner, and has been absorbing all that she can from this experience. She met a lot of great residents and looks forward to meeting more as she feels more comfortable and confident in this role.

She developed a Mindfulness Workshop at Gerrard on Wednesdays and Dundas on Thursdays at 12:30pm, and she is encouraging anyone interested to drop by. In her spare time, Naema loves to read, play the violin, and draw. She hopes to grow from her time at St. Jude's and eventually work in social services.



Janelle

Resource Worker

Janelle joined St. Jude's on September 11th as our new Resource Worker and wants to thank all the residents and staff for making her feel so welcome during her first month here! She states the residents are very friendly and she loves hearing their stories and getting to chat with them on a regular basis.

Before St. Jude's, Janelle had been working at a group home for children and youth with developmental disabilities for the past 6 months, and in 2016 she had graduated from York University with a Bachelor of Social Work degree. In her spare time Janelle loves to watch movies, attend dance classes, draw, and read. She is excited to continue getting to know all the residents and staff in the future!

UPCOMING EVENTS

- **November 3-12**
Royal Agricultural Winter Fair
Direct Energy Center,
100 Prince's Blvd.
- **November 6-12**
Polish Film Festival
Revue Cinema,
400 Roncesvalles Ave.
- **November 16-December 23**
Distillery District Christmas Market
- **November 23-26**
Regent Park Film Festival (FREE)
585 Dundas St. E.
- **November 28th at 6:30pm**
Writers Open Mic Night
Parliament Library
- **November 30th at 6pm**
Mindfulness and Meditation
Centre Place, 320 Richmond St. E.
- **December 13th at 7pm**
Introduction to Weaving
Kosa Studio, 4 Bellwoods St
- **December 17th 11am—5pm**
Holiday Craft Market
Wychwood Barns, 610 Christie St.
- **December 18th at 7pm**
Ukrainian Embroidery Class
St. Vladimir Institute,
620 Spadina Ave.

PAST EVENTS

CONSUMER EMPOWERMENT

By: Kate

The Dream Team came to St. Jude's on August 18th to give a workshop on consumer empowerment. This organization advocates for housing for consumers or psychiatric survivors. They also raise awareness about people experiencing stigma from mental illness. Not only do they fight stigma but they also deal with legal complaints and economic injustice. They spoke of "ableism" (either conscious or unconscious), which affects our ability to get jobs and inclusion in society. We feel stigma and internalize it which can make us feel self-conscious or afraid.

Empowerment is the process of becoming stronger and more confident, taking pride in one's self and claiming one's rights. This leads to resilience and makes the person able to bounce back. They spoke of groups who are oppressed such as aboriginals, LGBTQ people, people of color and also consumer survivors. There is discrimination against all of these groups. There are forums for them such as "Idle No More" for aboriginal empowerment, Black Lives Matter and Mad Pride Day. And, too, they find advocates in people such as Cheri Di Novo (NDP) and the recently deceased Pamela McConnell (councilor). These supporters advocate for a more inclusive society.

There are five faces of oppression: exploitation, marginalization, powerlessness, cultural imperialism and violence. It is not constructive to be ashamed of your mental illness. A good question asked was: "Would you feel comfortable disclosing that you are living on ODSP in an interview?" Another good question was: "Would you feel comfortable disclosing a mental illness in a dating profile?" and "Would you tell the police if you had a psychiatric illness?"

It is important to join with other people and speak out. The speakers at this event also offered tips for dealing with stigma such as: disclosure is a choice, take the chip off your shoulder and it is easier to address individuals rather than groups. It is also better to socialize with positive people who don't stigmatize. One should try to understand mental health systems, know your rights, look for peer support, empathize, encourage others and view yourself as the expert of your own experience. Focus on your strengths – our experiences give us strength and make us resilient. We concluded with a self-reflection exercise in which I thought how important it is to think positive.

DIABETES PRESENTATION

By: Debbie

Nadia and Wafa from Regent Park Community Health Centre Diabetes

Education Program joined us on August 8th at our coffee house at 1:00 to give us some information on diabetes.

The presentation started with a series of true and false questions to test our general knowledge of diabetes – such as:

- 1: Diabetes is contagious.
FALSE
- 2: Diabetes can be controlled but not cured.
TRUE
- 3: All people with diabetes need insulin.
FALSE
- 4: Someone with diabetes can live a long and healthy life
TRUE

Nadia explained with diabetes, the sugar in our blood is too high, our bodies cannot use it properly and the pancreas is not producing enough insulin to assist. Nadia showed us two test tubes, one with a simulation of what normal levels of sugar look like in the blood and when it was turned upside down the liquid moved smoothly and quickly. The second test tube bore high blood sugar and in turning it upside down one could see it ran slower, appeared thicker and there were white



spots visible representing the unused sugar.

There are three types of diabetes: Type 1 in which the pancreas makes no insulin at all – Type 2 in which the pancreas makes some insulin but not reliably and Gestational diabetes that can occur during pregnancy (similar to type 2).

Sugar substitutes/sweeteners were discussed and it was noted they are much sweeter than regular sugar and can over time increase one's tolerance to sweet items and therefore lead to possible weight gain. The consumption of sweeteners do not affect your blood sugar but regular sugar will. It was noted that a high consumption of sweeteners, for example 4 diet coke a day can cause diarrhea.

Risk factors were mentioned as age, ethnicity, family history, being overweight, having high cholesterol, high blood pressure. The risk can be increased by the use of certain medications. It was noted that psychiatric medications can increase the appetite which may lead to issues with cholesterol and blood pressure. The risk increases with the presence of a diagnosis of schizophrenia, depression, as well as an inactive lifestyle. Living in poverty and other stress factors will also increase risk. It was noted that any combination of risk factors all work together.

Diabetes can affect other parts of the body as the eyes, the heart and its coronary circulation, kidney function, and cause lower limb vascular disease also known as peripheral neuropathy which can lead to foot ulcers and in the worst case, amputation. Diabetes can also affect the brain and cerebral circulation. If one goes undiagnosed or high blood sugar levels are not managed over a long period of time this can lead to some very serious complications all over the body.

While there are some risk factors we cannot change as our age and our ancestry, or the medications we need, the good news is that we can make positive changes that can reverse the onset of diabetes. We can eat healthier and be active. When we exercise it should be enough to increase our heart rate, makes us breathe a bit heavier and induce

sweating and therefore the body uses more energy (sugar). We can quit smoking and see our doctors more often for blood sugar tests, cholesterol and blood pressure checks, have our feet checked. Regular trips to the dentist helps as well as getting your eyes checked are important.

If you have diabetes or pre-diabetes would there be signs? Yes there will be for some folks and others may not feel them. Be mindful if you notice any changes as feeling tired and sleepy more than usual. A need to urinate often or the sensation of numb or tingling feet or toes might be a clue. You may have wound that won't heal, or get blurry vision or experience a sudden weight loss, and for the ladies an increase of vaginal infections.

Two other signs will be in feeling hungry all the time and always feeling thirsty. So if you experience any of these problems, especially if they have lasted more than a week – talk to your doctor.

SOCIAL PLANNING TORONTO 60TH ANNIVERSARY CELEBRATIONS

By: Rocan

On September 14, 2017, I dressed up and walked from 40 Oaks all the way to Toronto Reference Library on 789 Young street to join the 60's Anniversary of Social Planning Toronto's 60th Anniversary celebration which was held at Bram & Bluma Appel Salon in the 2nd floor of the library.

I was very pleased to see that St. Jude Community homes was one of the sponsors of the event. When I got to the library there was a woman standing beside the two elevators giving directions to the guests. "You can just walk up the stairs to the second floor from here," she told me as she was pointing to the stairs across the hall. They arrived mostly by two persons or threesomes, each smiling and making their way to the party room. A sweet melody of music was drifting through the atmosphere when I entered the hall. The aromas of the foods and drinks were sailing through the air. Groups of people scattered everywhere. Mostly three to four people chatting and looked happy to meet each other.

There were a lot of pictures taken that night by a female photographer. At one point I told the photographer "please take my photo I am a photographer too". She smiled then took a shot of me with a flash. Later Carol also took a picture of David and me. They had some round



cocktail tables with white cloth and a display candle on it. The party was crowded. To my estimate there were around 200 attendees. Quite a few food servers were walking around carrying trays of snack and drinks to the guests all that evening.

After the entertainment they had an opening remark then cake cutting and more music after that. I recognized Dwight Drummond from CBC Newscast, also Olivia Chow former Member of the Canadian House of Commons from some of the Prominent and community leaders who attended the celebration. I also saw Shannon and Sara from St. Jude's and had a little bit of chat with them.

Some other sponsors were Dixon Hall, Toronto Education Workers, The Neighbourhood Group, YMCA, United Way and many others. When it got to close to 9:00 p.m., I started heading home walked again that evening.

STAFF RECOVERY TRAINING WORKSHOP

By: Linda

St. Jude staff participated in a two day Recovery Training Workshop on October 13th and October 17th in the Milan boardroom. We learned that recovery looks different for every individual, there is no one size fits all model but the general framework suggests that people living with mental health challenges can and do see an improvement in their symptoms and an increase in well-being, health, happiness, and satisfaction in their daily lives. In fact, there are countless longitudinal research studies centered around mental health that have proven this to be true.

Using a strength's based approach to recovery means focusing on a person's abil-

ities, strengths, and positive attributes and how these factors can work to create mental and physical well being. By doing so, people are given opportunities to see an improvement in their lives whether it be finding a hobby they enjoy, working, fostering meaningful relationships with their community, or living in a safe, affordable place they can proudly call home.

Ann, our facilitator, gave St. Jude's a number of resources such as books and DVDs that can be accessed in the lounge library, feel free to take a look if you would like more information on the Recovery Model!



RECIPES

CHEESEY SPINACH CASSEROLE

By: Susan

Ingredients

- 1 Package of Frozen Spinach
- 1 Package of Elbow Pasta
- 1 Large Container of Cottage Cheese
- 1 Package of Shredded Mozzarella Cheese

Method

- Boil spinach according to directions
- Boil macaroni until cooked
- Drain both and put into casserole dish
- Stir together
- Add cottage cheese
- Sprinkle top with mozzarella
- Bake at 350 degrees until cheese melts



St. Jude's is Looking for a New Holiday Card Design!

If you are interested in designing the
2017 St. Jude Holiday Card that will be
distributed to residents, staff, and funders,
we want to hear from you!

**Winter Theme
Community Oriented
Non-Denominational**

Submit your original artwork to staff!



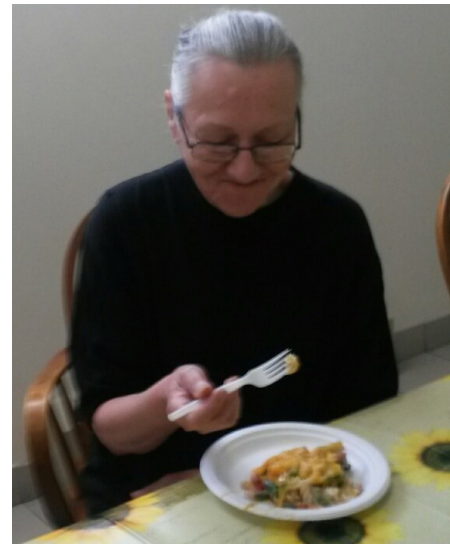
*** Artists will be compensated!**

ALDENE'S COMMUNITY KITCHEN

SATURDAY AUGUST 12th

Aldene facilitated a wonderful community kitchen where she cooked her famous Tuna Casserole! There were 10 residents who attended and helped prepare this delicious feast by chopping up vegetables, cooking the pasta, opening the cans of tuna, shredding the cheese, and of course devouring the final product!

Aldene's recipe is well known as the best tuna casserole around, and it's always a treat getting a chance to see her cooking skills in action!





OUTING TO RIVERDALE FARM

SATURDAY JULY 29TH

It was a beautiful mid summer weekend to take a walk around Riverdale Farm with 4 residents. We got to see cows, chickens, goats, sheep, pigs, roosters, and rabbits. The horses were unfortunately not around this day. We walked over to the pond where we saw a lot of cute ducks and swans splashing around, and even got a glimpse of some goats that had been hanging around the fence so people could pet them and feed them grass.

The farm was really well maintained and it was clear the animals were well taken care of. All in all it was a wonderful afternoon spent in gorgeous weather amongst the cutest farm animals in all of Toronto!



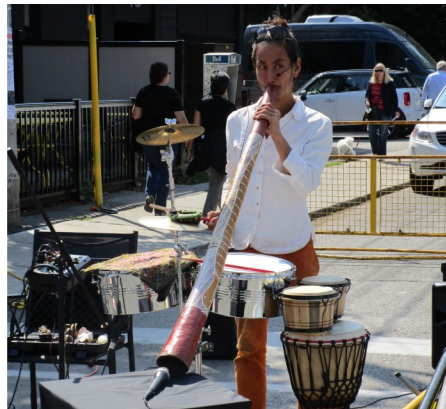


TASTE OF THE DANFORTH

SUNDAY AUGUST 13TH

The 24th annual Taste of the Danforth, which is the largest street festival in Canada, is held on Danforth Ave between Broadview and Donlands, with plenty of delicious food and live events to go around! Residents took the streetcar over to the Danforth and from there got to see a car show, acrobats, jugglers, musicians, and lots of entertainment.

But let's not forget about the food! There was chicken souvlaki, spanakopita, ice cream, hot dogs, spinach swirls, roasted chicken, red bean sesame balls, and even deep fried squid. The residents enjoyed a great afternoon in the warm August sunshine and are looking forward to returning next year!





POOL TOURNAMENT

SUNDAY AUGUST 27TH

St. Jude's annual Pool Tournament was a hit this year, all participants played a strong game but the winning champ was Sam! Long time pool playing residents joined in the action to take a shot at winning, using strategy and skill to make their way to the top. Congratulations to all the players!





ANNUAL TALENT SHOW

SUNDAY OCTOBER 1ST

This year's Talent Show was a complete success with 22 residents attending!

Aldene read a limerick she had written called A Mission, Susan sang parts of 7 different songs, Deirdre showed art that she had drawn and photographed, and John R. and Patricia performed songs while playing a guitar and percussion instruments.

Heidi sang Let It Be and Love is a Battlefield while playing the tambourine, she and Samantha and Hayley performed a little jig while doing a song from Destiny's Child, and Samantha sang a Christian song.

Richard displayed his artwork which were lightbulbs built by his own hands. He turned each one on, which showed different strengths of light. Some lighting was

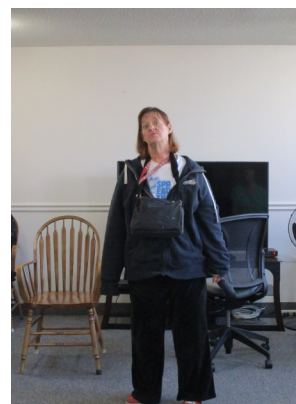
dull, while others were brighter. Catharine recited a poem she had written entitled Sun Going Down Over Muskoka.

Neil sang Sweet Caroline. and Jennifer displayed her artwork.









GERRARD POTLUCK

FRIDAY OCTOBER 20TH

Gerrard residents got together on a cool October afternoon to enjoy a delicious potluck made by the residents!

Matt made deviled eggs, Mike O made macaroni and cheese, Sonia made hash browns and apple crumble, and Fred brought a fruit platter.

Jeff prepared macaroni salad, Wayne donated carrot muffins, and there was an assortment of pies and ice cream as well!

There were 7 residents who attended along with Veena and Shannon, and the food was so good there were definitely no leftovers the next day!



GERRARD GARDEN TAKE DOWN

FRIDAY OCTOBER 27TH

It's that time of year again when the weather starts to cool down and the Gerrard garden needs to be taken down until next spring. Residents and staff worked hard to clean up the garden and make sure it was ready for the winter months ahead.

Thank you Sarah for all your help with our garden this year and to everyone who participated in helping our garden thrive!





STORIES
&
JOURNEYS



Family & Food

By: Cathy

Pierogies, pierogies, pierogies!!! Cabbage rolls, sauerkraut, custard squares, cucumber salad, schnitzel, halushki. These are the foods I grew up on. I take pride in breadding schnitzel and hand-making perogies like my grandma Gizela used to do after school for me and my older brother and sister.

My parents immigrated to Canada from the Slovak Republik (then Czechoslovakia) in 1970. I was lucky enough to meet bus-loads of relatives back when I was 11 years old. I never met these relatives before, but they al greeted me with lots of hugs and kisses. I was the special kid from Canada. I look forward to going back, or maybe my relatives will visit here. That would be soooo cool!

I feel so lucky to have a huge family who loves me for just who I am.

A lot of people don't have that. So I thank God for my blessings everyday.

My mom took us to Sunday Mass every Sunday, after we'd have a nice lunch together. We couldn't always do this because my mom sometimes worked late nights at the department store. She'd

always come home with 2 shopping bags, and my sister and I would greet my mom at the front door and look through the bags to see what goodies she had brought us.

My brother bought a really awesome stereo system with a double cassette deck, CD player and turntable when I was about 10 years old. I'd listen to music quite often and make mix tapes for myself and friends. He also had a guitar that I learned to use. I'd love to buy ukuleles or mandolins for my nieces. I am the youngest child so I kinda feel like my nieces are little sisters me. They love music too. Beata plays violin and Sienna plays piano. And Elise is the youngest. I hope to read music as well as them, someday.

My mom is an angel and she sacrificed so much for her children and these days, she's a busy, caring grandma. I hope to be a grandma someday. My only baby right now is my cat, Zoe. She is great company, and super sweet and she's like family. I care for her so much and she's a big part of my life. Thanks to Mare Bock, Zoe and I were reunited. I think I could be a good mom someday (hopefully soon), because my mom is the best mom in the universe. I'm sure most people feel this way about their mom.

My sister, I've always looked up to. She introduced me to Linda Chamberlain, and that's how I got my job and volunteer work with the Dream Team. If you go to "You Tube" and search "The Dream Team" and "Cathy Dziak", you will see me doing a speech for a couple of minutes on the importance of supportive housing.



Supportive housing saved my life.

I've worked at many jobs, but I'm proud of my employment stability since I've been better housed. I've been a cashier at the pharmacy for 6 years. I've been with the Dream Team for 7 years this November. I've also been volunteering at the nursing home once a week at the coffee house program for 9 years now. I believe a person must have a safe, clean, comfortable environment before they can heal and give back to society.



I'd like to go to school in 2018 to become an art therapist at Create Institute at Queen and Sackville. Maybe I can work at Sick Kids Hospital in the future. I want to eventually go to school in Waterloo at Wilfred Laurier to become a music therapist. I'd also like to learn to be a hypnotherapist and help others. I believe everybody is special and a somebody and people can have individual and inspiring ideas. Every little action makes a difference in the world.

Thanks for reading this!



p.s. I want to wear a folk dress again and have ribbons in my hair!!! (like when I was 11 years old, back in Slovakia!)



My Life in General

By: Jeffrey

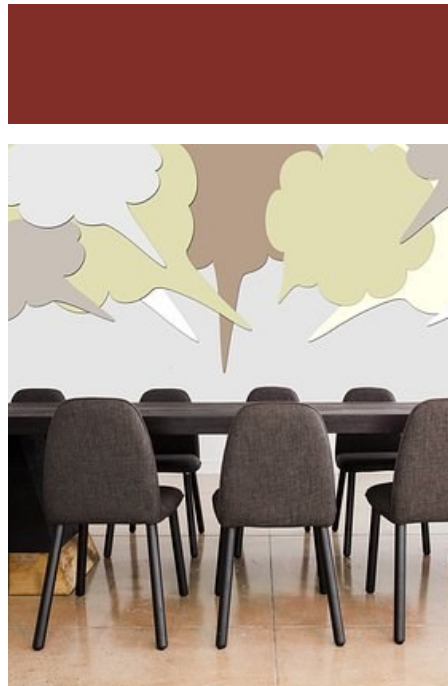
Most of my life was pretty good. When I was in my twenties, I was honored to go to both of my sister and brother's weddings. I liked taking part in the games, dress like a gentleman, eat good food and have a good time dancing. I played a lot of sports like baseball, kick hockey, soccer and softball. At my house in Scarborough my parents had an air hockey table that I enjoyed playing very much. I took piano lessons when I was a teenager and my music teacher taught me how to play on the piano. One time, I played solo in a piano concert that was held in my school gym. I was pretty nervous but my parents were very supportive and encouraging.

I liked to travel when I was in high school. One time, I went on a trip with my private school class to Quebec City and saw the Quebec Carnival and did some roller skating. I really enjoyed the carnival and seeing all the ice sculptures. Everybody from my class went skiing at Mount St Anne in Quebec, and I really enjoyed it as it was a lot of fun.

My 8 Week Board of Governance Course 2017

By: Jeffrey

I went to 6 out of 6 meetings for the Board of Governance training. Each time I went there, I enjoyed it very much. I found it very helpful since I am on the board. I did learn a lot since I was going there. Towards the end of the course, I received a certificate for completing the course. I would recommend this course for anybody who is interested in being on the board. I am so proud of myself I would do it again later down the road if they decide to do the course again. All the facilitators did an excellent job. The people were all very nice and they all gave good feedback.



What I Did This Summer

By: Jeffrey

I first started going to try different restaurants in the neighborhood. There is one restaurant at Coxwell & Gerrard called Occasions. They have pretty good food like burgers, fries, lasagnas, chicken fingers for a reasonable price which I like very much. I have gone there a couple of times. I have also tried Budapest restaurant, I find it very expensive but it's good quality food and I have been more than a few times to that restaurant too. There are another couple of restaurants I order from like Mr. Greek, Green Basil. Mr. Greek has very good burgers. I also tried this place called the Beach Side Grill, which was reasonably priced and had good food. I would definitely go back there.

I also have been cutting the lawn back and front and trimming. I have been doing that for a couple of months this summer, I enjoy it very much. It keeps me busy, it's good exercise. I also try to keep my apartment very clean. The people are very nice here. I really enjoy living here. I couldn't be happier. The staff here at St. Jude's are very helpful and supportive and give good advice.

Even though it is
dangerous
It can be kind of
fabulous
Flying way up high
In the big blue sky
Hoping it's not too
outrageous
Slowly dropping downward
lower
Finally reaching the
clover
Reaching level ground
Trying hard not to pound
At last he views the lawn
mower

Half A Chance

By: Aldene

Oh its cold roast duck
That brings you good luck
Like getting a sandwich
Sealed with a stitch
Or washing walls
While listening to falls
With half a chance
Getting you to dance
Swaying to and fro
Watching little ones grow

Mission

By: Aldene

He was sent on a mission
To do a little fishin'
He fed the poor
Who became fewer
As he had been wishin'
Early he was walking his
hounds
Without hardly making some
sounds.
In the distance
Near the entrance
They could hear kittens in
leaps and bounds.

The Mind's Eye

By: Fred

People with Schizophrenia sometimes believe the world is
not real.

To the general consensus they all must appeal.
For written on shelves in books of text
The world is real and reality is fixed.

Are we not told as children to question what is taught?
Some things can be proven and some things not.
From the mind's eye we see what forms in our heads.
From the mind's eye could we not be dreaming instead?

A dream seems real until the observer wakes up.
The dream is then sealed as memories made up.
And so the real world once again beckons you to serve her.
Did Einstein not prove time is all relative to the observer?

And if all relative to each his or her own, what does that mean?
Is it not possible that the universe is but just a dream?
Created by our own mind's desire
To live a life somewhere amidst a galaxy's fire?

Could mathematical calculations not create us from birth?
And why blame others for this life we live on Earth?
Believe what you want to, I am not always correct.
The world is out there for you to inspect.

Now I am not saying I do not believe the world is real...
I am simply saying it never hurts to question the ordeal!



By: Jennifer



By: Jennifer



By: Jennifer



By: Fred



By: Fred



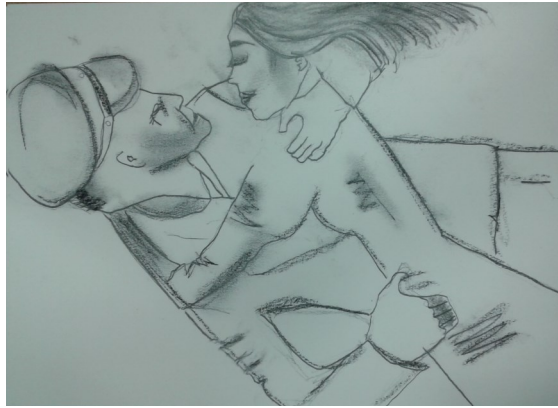
By: Deirdre



By: Deirdre



By: Deirdre



By: Deirdre



By: Catharine



By: Catharine



WWW.SJCH.CA

Contact Info

DUNDAS OFFICE

431 Dundas St E.
Toronto, ON M5A 2B1
416-359-9241

Executive Director
Carol Zoulalian
czoulalian@sjch.ca

MILAN OFFICE

270 Milan St.
Toronto, ON M5A 3Z6
416-703-7222

Program Manager
Shannon McCauley
smccauley@sjch.ca

GERRARD OFFICE

1845 Gerrard St E.
Toronto, ON M4L 2B6
416-461-9473

GENERAL SUPPORT LINE

416-703-7222 x 0

AFTER HOURS EMERG.

416-873-6305