

St. Jude Community Homes

Mety and Events





WELCOME TO ST. JUDE'S!



Paul

Program Manager

Paul is the new Program Manager for St. Jude's! He comes to us with a wealth of knowledge and expertise in the field of social services having spent the past five years in Nunavik as a Case Manager and later as a Program Supervisor.

Paul immigrated to Canada when he was nine years old from Ghana and obtained his Masters at the University of London. In his spare time Paul enjoys watching and playing sports (he dislikes curling), he loves to travel, and his goal is to read 50 books in 2019 so far he has made it to 23.

Welcome to the team Paul!

ARTICLES

WHAT ST. JUDE'S **MEANS TO ME**

By: Doug

When I heard there was an apartment here at St. Jude's, I was afraid to make the move, but decided to see what it was like. Angela gave me a tour and when I that we can do our own. Where I saw a kitchen, a washroom with a medicine cabinet, and the lounge, I fell in love and made the move. That was $5 \frac{1}{2}$ years ago.

Independence is one of the attrac- For me, St. Jude's is the answer to tions to St. Jude's. If feeling like being with people, there are activities to attend. If wanting privacy there's that too. One thing I like about staff is that if we are having problems they help with the issue. Did not have this where I lived before. Staff at St. Jude's are the best!

The other thing I really enjoy at



St. Jude's is the meal program because there is always something for everyone to eat. And finally, laundry. As I was saying, it's good lived before staff did our laundry for us and because there was no system our clothes would often get messed up.

a prayer, and I feel BLESSED to be here!

ST. JUDE'S RAP

Willy completed his placement at St. Jude's from January 15— February 21, 2019, and wrote a rap to commemorate his experience!

By: Willy

In Toronto--yes T-O! We have St. Jude Community Homes/ For single adults dealing with mental illness, St Jude provides them feeling of hope/ They'll find their lives having meaning for real, and in their minds a feeling of growth/ With better lives - that's quality of life - they'll have the drive for achieving their goals/ Providing a place these people call home, that's permanent, safe, affordable housing/ St Jude is an awesome private non-profit, some people are raving and talking about it/ St Jude takes pride in assisting and helping the people in need, so they don't feel helpless/ St Jude has 3 residential buildings, I repeat that's 3 great buildings, so count them/ I'm giving my shout-outs within this rap, I really am not distorting the facts/

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A mentally scarred, a tortured young man, I was real anxious, totally depressed/ I battled all that for more than a decade, with awful depression holding me back/ And also anxiety holding me back from moving fast forward with all of my plans/ I still have depression, anxiety yes, but getting real better as time has progressed/ I really am glad St Jude had a plan to give me this placement, gave me this chance/ I'm not as depressed, I'm really less sad, and it is a fact I'm feeling just blessed/ I really am glad I'm making new friends with fantastic residents, workers and staff.



NEIL'S SPEECH FOR RUTH

By: Neil

I have known Ruth for 26 years, eight years when I knew her boyfriend and 18 years after that we became very good friends. In this age, you hear about technology and efficiency but little about compassion for others and friendliness. There is a quote which says that nice people have it made, which I totally agree with. I have known a lot of people in my lifetime and I can say with certainty that Ruth is one of the nicest people I have ever met.

In 1976 she got a sum of money when she sold her cottage and enrolled in a Primal Scream course at a cost which was about a half of her and she moved into St. Jude's my annual income. At that time, the founder of the Primal Scream course in Los Angeles was Dr. Arthur Janov who went on to



write about 12 books. He died around 3 years ago. After this she did some years of temporary typing assignments and was recognized around 1980 as a writer by the editor of the Toronto Sun, Peter Worthington. Because of the recognition, she went on to write around 100 articles. Years ago, she lived in a nice apartment in Forest Hill from 1976–1991. I was told around 1976 that I liked accomplished women, and Ruth sure fits this bill.

She was in Street City, a haven for consumer/survivors, around 1992. Her parents came to help around 1993. She maintained, and I agree, that it was either supportive housing or homelessness. I maintained, and I think she



agrees, that her years in Primal Scream are what helped her over a difficult period.

Ruth has a lot of integrity and she is very friendly. Because of her, I have come to be a fulfilled consume/survivor. I gave a talk at a high school four months ago and someone asked us if we were happy. Our answers were that we are content, and not complicity happy because of our experiences as consumer/survivors. Ruth and I can certainly say that we are better people because of our experiences. So Ruth, thanks for your friendship and we wish you all the best in your future endeavors.

Thank you!

OUTING TO MANDARIN

By: Jeffrey

On Tuesday March 26th 2019, St. Jude resource staff Naema and Janelle treated the caretakers, dish duty workers and breakfast facilitators to Mandarin that was located on Yonge and Eglinton. I had chicken balls, spring rolls, rice and even some banana cream pie with cookies for dessert. I wasn't sure if I was able to finish it all as the food was filling but very tasty. There were about thirteen workers (including Naema and Janelle) who attended the Mandarin Luncheon.

Each year, St. Jude staff treat the workers to Mandarin to show their appreciation for all the worker's dedication and hard work. At the luncheon, staff also



gave workers gifts cards thanking us again for our hard work. Some workers got Tim Horton's gift cards, others got gift cards to Shoppers Drug Mart- I received a \$50 Cineplex gift card! I used the gift card to watch The Avenger's End Game movie (which was a great movie!).

Everyone had a great time and I really enjoyed everybody's company. I hope to go again next year as it was well worth it. I really enjoyed myself at the Mandarin Luncheon. I am proud to be a worker at St. Jude's- it will be my 10th year in December as a caretaker for St. Jude's.

FIRE SAFETY WORKSHOP

By: Linda

On February 22nd we had a member of Toronto Fire Services come to St. Jude's to do a presentation on fire safety. We were given a great deal of information on how to prevent a fire in your home, how to detect it if it's happening, and how to escape from a fire should it arise. Here are some of the key takeaways from the presentation:



- Do not smoke in bed to ensure you do not fall asleep with a lighted cigarette
- Ensure smoke alarms are up to date and working properly
- Do not overload your electrical outlets that could cause a potential fire
- Always pay attention to your stove when you are cooking



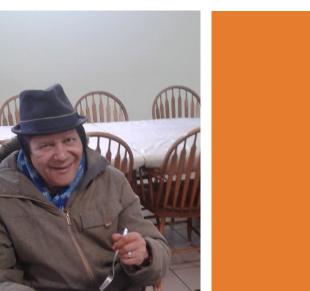
WEEKEND ACTIVITIES

FAMILY DAY PARTY

Saturday, February 16, 2019

We celebrated Family Day this chilly afternoon with a variety of snacks and drinks for the residents to enjoy, including some games and music. We had a great time getting together to celebrate a wonderful day of community!







ST. PATRICK'S DAY PARTY

Sunday, March 17, 2019

We celebrated St. Patrick's Day with a ton of delicious snacks, traditional Irish music, and trivia with chocolate gold coin prizes! We also offered themed temporary tattoos, and spent the afternoon enjoying each other's company!













GERRARD COMMUNITY KITCHEN

Tuesday, May 7, 2019

Residents of Gerrard spent the day cooking a big breakfast brunch with bacon, hash browns, pancakes, an assortment of fruit. We decided it will be a yearly tradition as we break into spring given how much fun everyone had!







CROKINOLE TOURNAMENT

Sunday, May 19, 2019

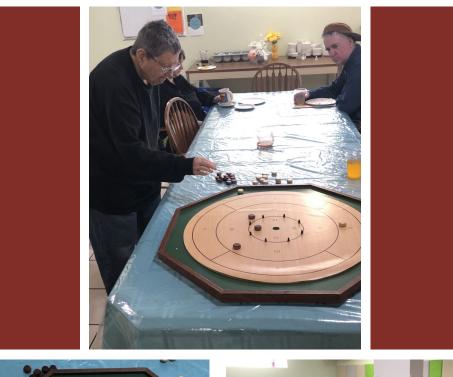
On this Sunday afternoon we held a thrilling tournament of Crokinole among the residents to determine who would be Crokinole champion! And the winner was Sean, congratulations!















St. Jude Community Homes



King of Resignation to Grief

By: Steve H.

The king of resignation to grief decrees, "Bow to me, or lion's food you'll be" Petition to whomsoever gives you the strength! Give supplications for the food on your plate! Strengthen the moments before the conflict!, Think yourself through the pain. Pray be swift the initial cut. Breeze through the ache. The negative forces in the world will daunt. Somewhere beyond this discomfort lies the heaven and comfort you seek. Take heed, my friend. There is peace in the next realm.

Soon the king hears about your petitions. He declares: "Summon my soldiers to bring me this fool. Do my bidding. Surrender unto me. Grief is inescapable." Resign not to grief. Deny not your Maker. Swear by the power you believe. "Ha, you nave. You deny my kingdom. Hold him, the lion's await." There are four hungry beasts to do the king's worst: the first roars, "grief." The second, " pain". The third "Suffer in my jaws." And the fourth, the favorite lion of the king, the leader of the pride says, "Hunger be my name."

The king proclaims, "Seal the den. My signet is marked. The crowd mocks "All Hail the King of the Fools!" At morning light, the king of grief cried

"Remove the stone." The soldiers gather to see. The king laments "Oh, you stupid fool. Oh. God of good.. Did your God spare your life?" You say. "An Angel has closed the lion's mouth. I will not succumb to grief. I will not live with suffering and torment. I will deny and refuse the jaws of evil. Survive! Conquer! Celebrate! Be a Daniel, or Danielle. You have defied the worst.

Grief is a rite of passage. Open your eyes to the possibilities. Force your eyes forward. Take a deep breath. Trust your instincts, for therein shines the light.

Austria's Plight

By: Steve H.

Oh! thou with crystalline eyes, who beckon and ache, shake the opaque shutters of a March's wake. That golden hair has hastened, to a sandy loam of time, Chant in exaltation, the vernal rhyme!

The clouds whisper to each other, about the nightjar swooning, Down the valleys in the skin of the river fair; Up to the broken sky, where the moon tears the frock of mirth, And the holy clime of April time, baums the Linden wood. Calling the wind over eastern hills, and let our winds speak the voices spill. Kiss thy scented cloth; let us taste, Thy beads of rain upon your silken sighs, Amaryllis blooms enlaced upon our sorrowful good-byes. Bless her bosom's ach-

ing with a nectar of Nature's chase. the blossomed Painter-Palleted grow and marrow out the summer's light.

Thy golden narrative harrowing in the pursuit of her sensual night, O thou who gazes through the eyes of bluest grey, reaps deep the emotions of a melancholic day. Thy strength, rubs the sadness of the loveless castle keep, radiate the voices that only pas-

sion speaks . The stillness of the clouds belly the blue summer sky.. Fight on, sweet madness! Cast your shadow, fair maiden, upon the plains of desire. "Please," sighs the Matterhorn. "Lay beside me in the night. Dig deep in the mines at Salzburg know my endless plight , throw salt in the face of the Neusiedler Sea.

Look at me, dear mistress who cursed took my life. Possessed of the hunger, whose reedy instrument cuts the Oster village night. Oboes a song that

knives the beauty in the Eastern realm. Harken the shimmering summer grass tipped to the sky. Fly high the heights of Grossglockner. Forest

deep into the bogs and valleys, Heather Pines for English Yew. Lose yourself in the bare plateaus below the northern granite cliffs.

Dance windswept in the Edelweiss, Alp tips firm and cold, north of my majestic river, the grandest Danube bold, Wood strong in the intimacy that we do willow, the Memory of the Eastern Kingdom swell up when I gaze down into your valley bed." Be crazy as the heavens, smile enviously, on our toothy grin of satiation. I will anoint your garden with my maelstrom of alabaster true , in another season of our youth. Be wild like the Leopards Bane, let me love you anew. St. Jude Community Homes

Poetry & Art

What Is Faith?

By: Kate

I have faith in people And their power for good. A throng of angels they are In their good deeds or Acts of kindness. Corinthians tells us that love Is patient and kind And bears all things. It is never jealous or boastful. I have faith in love. The sun's rays above Raise up my spirits. The snow glistening on the ground Like the moon shining in the havens Fill my days and nights with beauty.

I have faith in my world. My sister calls on an otherwise Empty Sunday to check up on me. The interdependent web of humanity Is evident in the support I receive from family and friends. My sisters, though far afield, Are always there for me. I have faith in family.

My Voice

By: Kate

"T'll walk where my own nature would be leading..." - Emily Bronte

Following others is not for me. I like to strike out on my own. Possessing an authentic voice Is a kind of freedom. To be free to express one's Thoughts on Eternity or Society Or one's feelings of sadness And elation. I may be rebuked or criticized By those who deny this freedom, But I shall continue on this path Until the end. Returning to my own voice Is the only road to salvation. For I have lived and suffered And have to appreciate my life, The words that give it shape And those who share the Creative aspirations of a Striving artist. The past is gone, the days of My life are stretching out Before me leading to My true calling.

Mother's Day is a Tribute

By: Fred

Mothers' Day is a Tribute To all the hard work women put into raising their young. Mothers' Day is a Reminder Of every caring song to our kids, with heart sung.

Mothers' Day is a Celebration Of a world which could never be without their love. Mothers' Day is a Remembrance Of the peace brought upon countries from women above.

Mothers' Day is a Time to Cherish The little and aged in our lives who have brought us so much joy. Mothers' Day is Forever A great recollection of the feelings brought by every girl and every boy.

Mothers' day is many things to many people, But to me I remember how my life was changed by my Mother and Step-Mother, And all the love they brought to it. Happy Mothers' Day!



By: Deirdre



By: Deirdre



By: Fred



By: Catharine



By: Jennifer



By: Jennifer



By: Aldene



By: Aldene



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Shannon McCauley