

# Hey Jude!



Summer 2019

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# News and Events



## ARTICLES

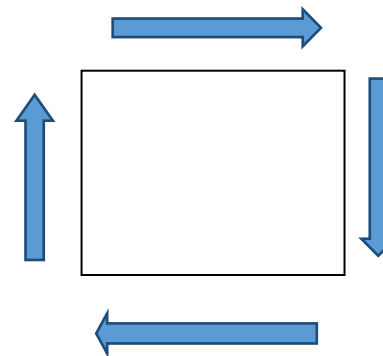
### HOW TO MANAGE STRESS

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By: Elsa



- Take time to rest
- Take vacation time off from work
- Working or volunteering can relieve stress
- Keep yourself occupied
- Go calmly when working or doing chores at home
- Don't overexert or overwork yourself in anything or you will get burn-out
- Notice when you are stressing yourself. Stop - tell yourself to relax
- Don't go to extremes
- Do box breathing slowly. Imagine a box. 1. In the left side of the box, breathe in for 4 counts. 2. In the top side of the box hold breath for 4 counts. 3. In the right side of the box breathe out. 4. In the bottom side of the box stop for 4 counts. Repeat about 5 to 20 times



- Walking is the best medicine and best exercise
- Search for help in the community agencies
- Write down ways to deal with your stress
- Talk to a Resource Worker for help
- Talking about your feelings to others
- Meditation
- Cooking is therapeutic
- Calling a crisis line—there are phone numbers in the mental health services section of the yellow pages in the phone book and in the inside cover of the phone book
- Talking to a friend on the phone
- Learning to knit, crochet or any other skill is helpful
- Colouring in a colouring book
- Doing arts and crafts

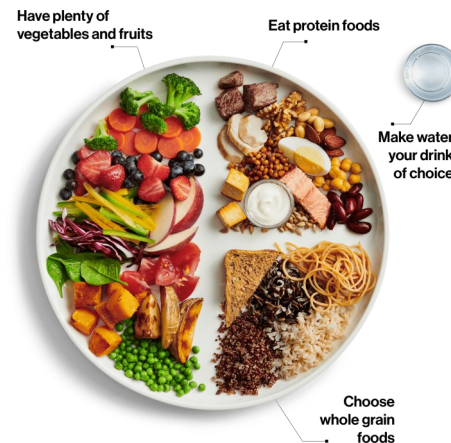


### Follow Canada's Food Guide

- Two servings of milk
- 5 maximum of fruit servings per day
- 2-4 servings of vegetables
- 5 or less servings of grain products per day –choose wholegrain, cereals- carbs that are dark in colour
- 2 servings of meat
- Have a small amount of fat from extra virgin olive oil or 1 tsp. of butter-organic healthy fats. Eat more or less to balance your blood sugar. Eat more if you are very active during the day
- To prevent diabetes eat less beans, corn, potatoes
- Eat no white carbs like sugar, white bread, white pasta, white rice, sweets, and anything else white
- These tips will also help you

### lose weight

- Limit and eat less sweets
- Limit salty, fatty, greasy foods and fast foods as well
- Fried chicken and fried fish and fried meat as well as barbequed meats can cause cancer
- Follow the plate method.
- Have  $\frac{1}{2}$  your plate, vegetables,  $\frac{1}{4}$  of your plate, carbs or grains and  $\frac{1}{4}$  of your plate, meat or beans or nuts and seeds
- Have milk and fruit as well around your plate



## RENT SMART SESSION

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By: Jeffrey



Rent Smart session was held at the Dundas building downtown on Wednesday March 20<sup>th</sup>. The group was facilitated by Resource workers Naema and Debbie. There were about nine tenants who attending to the group. It was a very interesting session and I learned a lot from the Rent Smart session.

I was taught the importance of paying my rent on time. I also learned some tips on how to avoid hoarding and if I ever decided to move out of St. Jude to always provide a notice (as communication is important!). I also learned that it is important to keep your apartment neat and tidy (to avoid pests). Finally, I also learned to respect my fellow neighbors (for instance by not playing the music too loudly).

Security is also important as I learned to never allow strangers in the building. I would do definitely like to attend to the next Rent Smart session in the future. It was a great group.

## SUMMER BBQ

Saturday June 8, 2019

We got together on this warm summer day to enjoy our first BBQ of the season! We ate burgers, hot dogs, chips, and coleslaw, and spent time chatting away the afternoon!





## WEEKEND ACTIVITIES

### SUMMER AGM

Wednesday June 19, 2019

We held our annual summer AGM at Gerrard where we gathered residents from all four buildings to come celebrate with a delicious Pilipino feast! We ate, chatted, held a raffle, and enjoyed the warm summer weather!



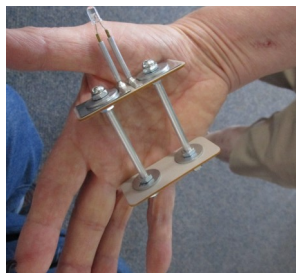


## ANNUAL TALENT SHOW

Sunday July 14, 2019

This year's talent show included a wide range of amazing skills that residents showcased to one another, including paintings, music, and light installations! We had a wonderful time experiencing the different talents of our residents as well as enjoying some snacks!

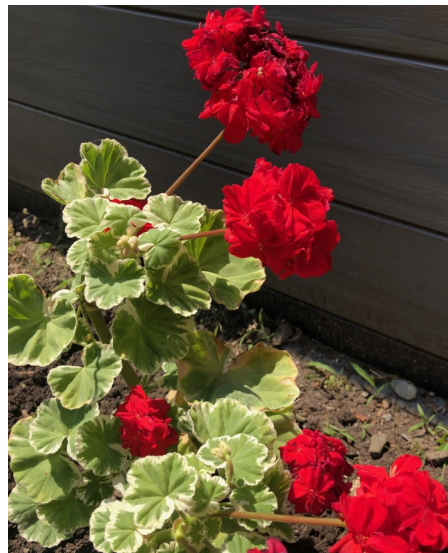




## GERRARD GARDENING EVENT

**Wednesday July 24, 2019**

On this day we got together at Gerrard to plant and tend to some of the flowers we have in our beautiful backyard garden. We have been able to grow a variety of different flowers as well as herbs which provides a lovely backyard spot to relax in the sunshine.









*STORIES*  
&  
*JOURNEYS*

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## *Fumbling Through Ecstasy*

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By: Steve H.

Looking at the two sides of your portrait: one, a child's smile beams, and the other, an aged cynic furrows her brow. Within that, there emerges a stronger centered entity. Crows peck at your unconscious mind. Flash into the present. Your auburn hair pours like fire over the sides of your face. Angry voices prick your ears. Your nightmarish demons call into your playground of youth. The passing toys of table, fabric and fables are present in the rituals you observe. The Grimm fairy tales of horror are the archetypes of the God who fall off the pages of your Holy books. Yet the fear has left. You wear the scars of your possession so well.

The taste of White Oleander and upturned obelisks pin you to what's left to your past, you clasp in your hand your precious rosary. The fear has left. The cutting leaves fall about your face. Rage is not your foe; it is your friend. Bend the spoon, let the magic of the stars, reach down to us. You won't fear love. Often you feel the darkness of the day. Open your eyes to the portrait of your contention. Kiss the ring of deep deception. Bow to the golden calf of your faith, and you are no different than the binding-back of the monotheistic patriarchal religions of the Christians, Muslims and Hebrews. Don't be "cowed" by religious dogma., You are a heathen of the heart. Hold the cross of the dagger which splits the holiest host of the bread you consume. Sack the Roman territories. Knock down the bricks of the Hadrian wall. Hail the Celtic soul!

Do not hasten the victory that you deserve. You will be loved. You will not fear love. Let the torn, frayed flesh of sensory spaces, ebb and flow between our lips. Reach out through our fingertips. Let the lightning storm of love release and relieve the upheaval of two lost souls. Let Prometheus Ignite the flame that sears our love to the heavens. Connect to the stars, as we Fumble toward Ecstasy. As we have an awkwardness of passion that we have on the phone. You will return, my love. We'll know passion once again. There is no danger in loss.

There is not division in knowing fear. Abandonment in life is sacred. It is not fear you feel. Please realize loss is all we have! Beyond the vacant eyes of loss, you'll find your future. The Noble writers who stand on both of your shoulders. On the right shoulder pens the good deeds you perform in life; on the left one pencils in the sin. All of us have our personal Jihad. The struggle to be the best person we can be. Submission to a greater force heralds to live a supreme life on the spinning orb we call our planet, Earth. You dip in into the well to nourish the thirst.

The baptism of life that leads us to the sanctification of the transubstantiation of bread and wine we eat and imbibe to celebrate the communion of the Holy Eucharist. We write the bible of your life. Please understand that the loss is what you gain, in child-birth a woman writhes in pain, a child scrapes his/her knee when learning to walk, it takes many hours of study to learn the lessons of life. You must know that beyond the pain there is salvation. Behind the many Masks of God, there is one face. It is yours: a loving God who would never ask you to fear him/her. One might die on the cross, and would forgive all who betrayed him.

All of us see that painful sacrifice of self. When we look at our image, we often forget, we are both our father and mother. In some ways we are truly the "prisoner" of our father (and mother's) hopes and dreams. Yet we are much more the sum of two parts. I believe, we will stand at feet of our Maker, a merciful God/Goddess who will not stand in judgement of us, but will remind us all the earthly folly and foolishness of judging others and prejudicial learnings we had on this earth. Our Holy Ones have always told us to give rather than take. The wagging finger of Religious dogma has no place in Heaven or our modest blue and green orb. . Learning without pain is impossible. Human anguish should be expected. The art of living is painful, yet understanding that religion is often abused. The struggle we have in our lives, is to be better individuals, and seek better ways to succeed in life. Join hands and realize that the religions often tear us apart. Our struggle is to find the thin strands that keep us together.



# Poetry & Art

## *An Epiphany Poem*

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By: Kate

Given a burning question  
To write about,  
I chose to create a poem  
About homelessness.  
This city abounds with  
Panhandlers and the unhoused.  
It is a human tragedy.  
We all have a role to play.  
Some are compassionate and  
Give a toonie or a few quarters.

Yet, there are many more  
Who walk right by,  
Uncaring and afraid.  
Lost in the Big City,  
They are like deserted islands,  
Wizened by the weather,  
Distanced by the weather,  
Distanced from the mainland,  
Surrounded by churning waters.

## *Sunday*

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By: Kate

The first order of the day  
Was to take my meds.  
Little, pink pills I swallowed,  
With orange juice.  
I was going to meet a friend  
To visit Cherry Beach.  
Once I reached Pape Station,  
I made my way to Starbucks  
For a latte.  
There, I conversed with a young  
Woman over an illustration of  
“The Bather” by Degas.  
The Commissioners Road bus took  
us  
To the beach by the water.  
I looked out over the lake  
At a huge freighter and lots  
Of little sailboats.  
It was cool but a wonderful

Break from downtown.  
Inspired by these vistas,  
I went to the AGO after-  
wards  
To see prints by Kathe Koll-  
witz.  
It was coming home on an  
Almost empty bus when I  
Witnessed a sad sight.  
I wondered about this wom-  
an's  
Plight – semi-conscious,  
staggering  
On high heels, trying to dull  
The pain, to forget every-  
thing  
And ride into a numb  
State of avoidance.  
The TTC staff watched her  
Wobble out onto the side-  
walk.  
“She’s going to fall”  
They said to each other.  
They didn’t get out to help.



By: Fred



By: Fred



By: Denise



By: Denise



By: Jennifer



By: Jennifer



[WWW.SJCH.CA](http://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](mailto:czoulalian@sjch.ca)

## MILAN OFFICE

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

*Program Manager*  
Shannon McCauley  
[smccauley@sjch.ca](mailto: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