

Metus and Events







#### WELCOME TO ST. JUDE'S!



#### Jim

#### Program Manager

We are delighted to introduce Jim as our new Program Manager for all four sites of St. Jude's-Dundas, Milan, Gerrard, and Oak! Jim has a vast array of knowledge and skills obtained in the field of social services and housing and has a social work/English literature background. For 23 years he was the Senior Director of Operations and Community Integration at LOFT, after which he took a year off to pursue his writing interests. Jim is passionate about writing poetry and fiction, teaching writing workshops, and running marathons.

Welcome to the team Jim!

ARTICLES

## HEALTHY EATING PRESENTATION

By: Pinder and Liya

Pinder and Liva, both nursing students from Centennial College, gave a detailed presen- the poster, encouraging and tation on healthy eating to our residents on November 13th.

Our presentation covered healthy eating geared towards diabetes and high blood pressure. It is seen that most residents at St. Jude's struggle affording and making a healthy labels when grocery shopping food choice as there are lots of fast food places nearby. We decided to do this presentation because there are lots of fast food places around St. Jude's and we have seen residents making unhealthy food choices.

We talked about the signs and symptoms of diabetes and hypertension including how to recognize it's early stages.

We also talked about healthy eating food choices as shown in educating residents to eat more of fruits, veggies and whole grain products. And to avoid eating fast foods such as Wendy's.

Lastly we talked about portion sizes of foods and how to read for food. We talked about what to look for when shopping (such as to avoid foods that are high in salt and cholesterol).

Thank you to everyone who came out to the presentation!





## COSTUMER SERVICE IN RETAIL SEMINAR PROGRAM

By: Elsa

On November 25 to November 28 2019 I participated in a seminar in customer service • for retail at the Employment Center called Skills for Change in Don Mills and Overlea St. The seminar had 6 people attending.

I learned customer service tips in communicating effectively with customers in a store. We learned the G.U.E.S.T term:

- tomers
- U stands for Understanding customers

- E stands for Explaining the product to customers
- S stands for Selling the product
- T stands for Thanking the • customer and endorsing the store

I learned tips on how to sell to customers. On the third day of the seminar I had a field trip to Fairview Mall. Three groups of two people from the group went to a few G stands for Greeting cus- stores and did information interviews with store staff. We collected business cards from each store we visited, we asked how we can apply

for a job at the store. We can test on what we learned in apply online. We can speak to the manager of the store or certificate of completion of call the manager. It is good to the seminar. have contact names of people you talk to or refer you from the store so that you can mention them in your application when applying online to stores. We asked each store if they can offer a placement for training as a store associate. We would have to speak to the manager about placement opportunities.

On the fourth day interview questions were discussed for jobs in retail. There is a website you can go online to find information on interview questions, LindaRaynier.com. This

website is of an employment specialist. We have to sell our skills or brand/personality to the employer. Resume tips on how to apply for retail jobs was discussed. I was given a

the seminar and then given a

Skills for Change-**Employment Center offers** many programs to help you find work. This seminar program is offered every couple of months or weeks. It was a helpful seminar and I need to review what I learned and practice the tips when looking for a job in retail and working in a retail job.

The Skills for Change phone number is 416-645-2489 The address is in Flemingdon Park, 10 Gateway Blvd., Don Mills and Overlea St

#### WEEKEND ACTIVITIES

#### GERRARD THANKSGIVING

## October 11, 2019

The residents of Gerrard got together to celebrate Thanksgiving with a special feast prepared by everyone! Residents enjoyed delicious chicken, pasta salad, mashed potatoes, buns, stuffing and graving—all the Thanksgiving favourites!









#### **PUMPKIN CARVING**

#### October 26, 2019

We came together in the Dundas lounge on this Saturday to carve and decorate a few pumpkins in preparation for Halloween. We worked tirelessly to carve four pumpkins by scooping out their insides and creating faces for them, and all in all they turned out just as spooky as we intended! They stayed perched on our windowsill for several weeks, well into Halloween season.







#### **RIVERDALE FARM**

We took a trip over to Riverdale Farm this afternoon to look at the fall festivities on the farm. We saw a number of different animals that were enjoying the cooler temperatures outdoors, such as cows, pigs, horses, turkeys, and others! We had a wonderful time getting to see the farm in all it's fall glory.





#### HEY JUDE!



#### HALLOWEEN PARTY

## October 31, 2019

We celebrated Halloween by throwing a costume party that included delicious snacks, games, and prizes! We played Halloween themed charades, Pictionary, and trivia, and the winners each got to take home a prize! We even gave a prize for best costume!







## GINGERBREAD HOUSE DECORATING

## November 16, 2019

One of our residents kindly offered to facilitate a weekend activity where we decorated two delicious looking gingerbread houses. We worked together in a team to assemble the houses, to add the frosting, and finally the candy that would be the windows, doors and chimney. Great work everyone!









# Clarion of the Feast of Trumpets

By: Steve H.

Commemorating Rosh Hashanah The Jewish New Year Shana tova tiktevu! Let the Clarion of the feast of Trumpets begin As you observe the First of the High Holidays, May the flame of your life reach out its arms to brighten the darkest star in the night sky. Hold on tight until it is your turn to pass on the torch of tomorrow. Smell its burning embers; savour the vestiges of its smoldering ash. Stretch, push, extend outward. Never waste a drop of sweat on anything less. Therein lies your passion which empowers you to give so much to mankind. These are the Days of Awe. It is the First day of Tishrel Sound the Shofar Teki'ha legato sounds hallowed heart hollow Shevarim broken sounds, staccato and echo teru'ah 9 sharp significant tenor spirits

Teki'ah Gedo'lah two sonorous colours Shevarim Teru'ah three choppy notes, nine short puffs It is blown every morning for the entire month of Elul. On Rosh Hashanah 3 books are opened: The Book of Life For those who are righteous The Book of Death For those who are evil The Book of Doubt For agnostics who have sinned but who are not evil May your Rosh Hashanah Cedar be joyous and full of family and friends. The day of Judgement also commemorates the creation of Adam and Eve and their banishment from the Garden of Eden. Ten days of repentance for the people of Judea. Ten days between Rosh Hashanah and Yom Kippur when G-d's judgement is sealed. After the Feast of Sukkot You hope that G-d's judgement is favourable for you.

...Continued

As everyone knows it will be. This letter is dedicated to the forces that watch over us And guide us however we may envision them or perceive them. May all your High Holidays Find you as sweet as baskets of apples and combs of honey As kind and genuine with your name In The Book of Life sealed with G-d's own hand And may he find much favour in your life dedicated To healing the sick and the poor. Shana Tova Umetukah! Have a bountiful and sweet New Year! You deserve it!

## My Experience with *Heart to Home Meals*

By: Jeffrey

I recently started ordering Heart to Home Meals a couple of months ago. I enjoy it come between the hours of very much as I find the meals to be very tasty. I usually order ways order them any time of every couple of weeks when I am able to. I have enjoyed every meal so far and I will continue to order for many years to come.

On a scale of one to ten, I give Heart to Home Meals a nine. I find their meals to be healthy and they are not too salty. I would definitely recom- My favorite meal from Heart mend it to anyone who is inter- to Home Meals is sausage, ested. I personally find Heart to Home Meals as a better alternative to Meals on Wheels. I as the price ranges from \$4.50 find the meals quite filling. The to \$10.00. My experience customer service is excellent and is always on time.

The representatives from Heart to Home Meals are help- er about it! ful and polite to talk to. *Heart* to Home Meals delivers on

Saturdays only and as early as 9:00am! But they normally 9:00am – 1:00pm. You can althe week, as long as it is before Saturday. If you do order a small meal (which is \$4.50), I would recommend to order two to fill you up.

They offer soups, desserts (e.g. brownies, tart, cheesecakes), turkey, beef, fish, muffins etc – overall a wide variety of meals. eggs, hash browns (home fries) with bacon. I find it affordable with *Heart to Homes* has been an excellent one and I recommended all residents to try it! Speak to your Resource Work-



## Autumn

By: Aldene

Soon once again it will be autumn

Colours changing

While it's raining.

Fall is in the air

Arriving with flare,

Going up and down in a column,

Blowing to and fro, top to bottom.

# Christmas Day

By: Aldene

Soon it will be Christmas Day, Rudolph soon is on his way. The wind is blowing. Snow it is blowing. Come one, come all, see the sleigh.

# On Anger

By: Kate D.

"Thyself thy foe, to thy sweet self too cruel." -From a Shakespearean sonnet

Often, in the past,	At one point, I couldn't cope
I have been filled with rage.	And I landed in a psych ward.
But this anger did not last –	But slowly, surely, I learned
It resolved itself with age.	hope.
	And found in art a just reward.
Many years have passed since,	
And now I am convinced	Now, the anger I act out in words:
That there is purpose on the stage	But know that it felt very real.
Of my life, though only on the page.	And with this wisdom and my zeal,
F0	I've come to realize life's ap- peal.

# To My Inner Critic

By: Kate D.

Why I doubt myself endlessly I do not know. Perhaps it is a result Of blow on blow.	So it is, I remain alone In my apartment, by myself, With nothing but books for comfort On my shelf.
Even as a child in Montreal, I had to combat My inner demons of the soul. I wrote and studied hard at school,	Yet, here, in this city, grey and dull, I have found some happiness In the freeing lull.
But found myself alone with words. And, later, as an adult I was a fool, Abandoning self-love to a tool.	The more I write, words that are true, The less I feel abandoned by you.



By: Fred



By: Fred

HEY JUDE!



By: Denise



By: Denise

St. Jude Community Homes



By: Jennifer



By: Aldene



By: Aldene



By: Jennifer





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