

Winter 2020

Volume 27, Issue 1

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# Mews and Events









#### WEEKEND ACTIVITIES

#### SAMANTHA & EMILY'S BIRTHDAY PARTY

#### September 21, 2019

A blast from the past as we look back on some photos that were missed in the last newsletter of Samantha and her sister Emily's birthday party! She graciously rented a karaoke machine, ordered pizza, bought cake and snacks, and hosted close to 20 residents for her birthday celebration!

















#### **CROKINOLE TOURNAMENT**

#### **December 1, 2019**

We had our final Crokinole tournament of the year where we had several residents competing for the coveted prize of a \$10 Tim Horton's gift card. It was a tough game and everyone played well, however there can only be on winner and this time it was John! Congratulations and until next time!











#### **HOLIDAY PARTY + AGM**

#### December 18, 2019

Our annual holiday party and AGM was a huge success this year with tons of delicious food, many prizes, and a night filled with karaoke! We enjoyed everyone from Dundas, Milan, Gerrard and Oak St coming together to enjoy the holiday festivities!

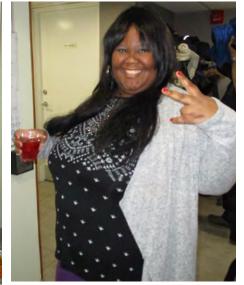
















#### **VALENTINE'S DAY PARTY**

#### February 14, 2019

This year we were fortunate enough to have two separate Valentine's Day parties, during the day we had a raffle with prizes and snacks, and in the evening Andrea played some love songs on her keyboard! We had a wonderful time celebrating the day of love!











#### **OUTING TO ALLEN GARDENS**

#### February 22, 2019

We braved the cold on this chilly February day to warm ourselves up at Allen Gardens taking in the beautiful flowers and lush foliage. We enjoyed getting to escape the wintery weather by being inside a greenhouse that felt tropical and humid, just what we needed!







STORIES &

&
JOURNEYS

#### MY TRIP TO FLORIDA

By: Jeffrey

One day my mom decided that she and I take a trip to Florida. I was about 11 years old when I went along with my mother to Florida. The weather there was really beautifulthey had a lot of beautiful palm trees and many beaches there. It was mostly sunny during our stay.

My mom and I went to see the Toronto Blue Jays baseball team in Spring Training. Spring Training is a tryout for players to see who will make it on the team for the baseball league. We both had a really nice time during the Spring Training. We stayed at a hotel called the Adam's Mark Hotel. The food there was very good. I really enjoyed the breakfast that was served. I found their eggs, bacon and pancakes to be quite tasty!

I even went swimming a few times in the outdoor pool at the hotel. My mom and I stayed in Florida for about a week and a half. If I had the chance, I would definitely go back. It was a great experience for me!





#### REASONS WHY I LOVE ST. JUDE'S

By: Jeffrey







- 1. Very supportive staff
- 2. The apartments are nice
- 3. Buildings are well maintained
- 4. There are nice people including staff and residents
- 5. Common spaces are cozy and comfortable for residents
- 6. Beautiful area- I often go on walks with friends
- 7. Shopping at convenient locations
- 8. Overall good area
- 9. I love how close Gerrard is to the beach
- 10. There is a great bodega (coffee) shop down the street from Gerrard

#### CLINICAL PICTURE

By: Steve H.

A locked psychiatric ward. A patient lounge with a Medication Window. Susan and Steve are waiting.

Off stage a woman patient in crisis is heard:

VO: Leave me, leave me alone!

The emergency response alarm rings.

Steve addresses the audience:

STEVE: See that? (Sound of footsteps and heavy breathing,) Nurses and Security surround her, restrain her, and stab her hip with a Chlorpromazine needle until she submits. Two burly security guards drag her to isolation.

SUSAN sings with hands over ears.

STEVE: (to the audience) Delirium? Hysteria? PMS? Women! Only women get delirious and hysterical that way. Look it up! I did.

SUSAN: Anne's just different. Cause she's bi-polar. Susan is dancing back and forth from leg To leg rhythmically as if she is listening to her I-pod, but she isn't

STEVE: Do you know that your meds make you shuffle from one leg to another?

Susan runs her fingers through her dark, blond-streaked hair, tilts her head and sashays toward

Steve. Her heart-shaped face blushes into a smile.

Susan: I love to da-da-dance to the music in my head, head, head. Are you here for the hip-hop classes or the cha-cha-cha?

Before Steve answers she starts chewing movements, clenches her teeth and her tongue falls out of her mouth, then it jerks to the left and to the right.

Steve: You have TD, Tardive Dyskinesia. It's a movement disorder.

Susan: Constipation is the only movement disorder I have. My meds are sooo bad that way. So I da-da-dance my life away.

She arches her eye brows, licks her lips, then smacks them twice

Steve: Your face is twitching. It's caused by the drugs you take.. Didn't your shrink tell you that it's permanent.?

Susan: There's nothing wrong with me that a Scotch with Drambuie wouldn't cure. Have a gum?

Steve: Sure. You are beautiful. .... (aside) Damn drugs!

Susan: What's with you?

Steve: Just thinking about psychiatrists in general.

Susan: East General or Western General?

Steve: It was East General last year now it's the Clarke. Been here about eight weeks now. Have a Shock- schedule Electro-Shock. Three times a week a series of twenty-six. One more to go.

Susan: I've had ten so far. *She blinks rapidly*. You have beautiful eyes for a guy.

Steve: I'll be discharged as soon as I smarten up. When you have peripheral vision you see more than you should. Too many things. You see the big picture. Shhh, I shouldn't talk so loud.

Susan: I love secrets. I won't say anything

Steve: I tried to give my doctor the big picture, but he tore it up in a narrative sequence. A snapshot here, a snap-shot there. GET WITH IT, I SAID! Stop giving me those Polaroid snapshots. RENT THE BLURAY. Fill in the spaces and go with the flow.

Susan: I've seen that movie too. In HD. In IMAX!

Steve: My doctor said I have no insight. He increased my Modecate.

Susan: Why would they do that to a guy like you?

Steve: ...Too many dopamine receptors, perhaps ten times too much.

Susan: There's nothing wrong with you.

Steve: I drown in my own thoughts.

Susan: You're a nice guy. *She winks at Steve*. Don't believe in half- truths and lies. Everybody here needs to navigate their own straits, to either sink or swim.

Steve: I can't swim. I've always been in the shallow end.

Susan: If you can't swim, just float. *She can't stop winking*. Here, take my hand. Put it on your heart. (*her hand is shaking, and far from Steve*) Love will sustain you. Take a chance. Take a breath, jump and have faith. You're stronger than you think.

STEVE: Your hands are trembling. Don't be afraid. Clasp my hands.

She does.

Susan: They're not shaking anymore. Wow! How did you do that?

Steve: Your psychiatrist will say it's your illness. It's the drugs.

Susan: Sweetheart, let's talk on the couch. Does your Modecate help you?

She lowers her shaking chin and looks him straight in the eye. All drugs have side effects

Steve: Sometimes I have a retro-grade. You know what that is?

SUSAN: Retro? I love the 80's! (dances)

STEVE: It's a guy problem...

SUSAN: And they call *you* crazy? Hugs! Next thing you'll say that you're lactating.

She yawns but her tongue escapes. She shuts her mouth and smacks her lips.

Steve: Why are you here?

Susan: I have reality issues. She frowns

Steve: Reality? What a concept! They'll be giving you Modecate

next. Just like Librium liberates you....

Susan: Liberates me? The corners of her lips curl up in anticipa-

tion

Steve: Modecate modifies you!

Susan: Modecate modifies, Modecate modifies... It changes you! But is that good or bad? I think you're fine the way you are.

Steve: Some people here are too high. They have to hide it.

Then there are the unhappy people.

Susan: Like me? *She starts to cry*. Steve: They don't mind the meds.

Susan: I know the feeling. Susan blows her nose very loudly

Steve (*whispers*). Everybody's doctor makes mistakes they say. And they have determined that the vast minority of psychdoctors are human.

Susan: My doctor is a kook. (laughs)

Steve: They're really humane too. The rest of us non-humans take medication that makes us agitated & anxious and very sleepy too. We don't know whether to shake while standing or shake while sitting. So we compromise. Half-day up and Half-day down.

Nurse's Voice OS: Medication time!

Susan: I've got a short attention span. Tell me again why you're here?

Steve: Electro-shock . I've had 26. Research says that ECT changes your brain chemistry expediently to improve the clinical picture. This may sound reasonable in treating clinical depression, but ECT is usually the last resort in schizophrenia.

Susan: I'm schizo-affective. I'm schizophrenic and depressive. Look me in the eye. (*he does*) I'm OK. You are too.

STEVE: My prognosis on discharge is good. Shock treatment's main side effect is short term memory loss. So I'll forget why I

I came into hospital in the first case. I'll be cured!

Susan: You blow me away. You know more than my shrink does. Talk to me. You can help me. I can help you.

Steve: The euphoria that follows shock treatment is like a minor concussion

SUSAN: Like a 26 oz. of Screech and cold Haggis in the morning

Steve: It sounds like fun, but it's not as fun as a spinal tap. Tap. Tap on the lower spinal cord.

Susan: Knock three times on the ceiling. Tap Tap! What's it like? A spinal tap?

STEVE: I'm a Canuk so I'd compare it with Maple-syrup harvesting.

Susan: That's sweet

Steve: It's the first semester placement for Interns. Pin the tail on the donkey. Blindfold.

(pause)

Susan: Have you been to the meds group?

Steve: Nah. I ask too many questions or talk too much.

SUSAN: They're afraid of you... But I'm not.

STEVE: That group's motto is 'I am sick therefore I take medication.' But an old cub scout like me learns everything backwards and forwards. *Deraper peb*.

Susan: Deraper peb. Deraper peb! (she dances and twitches)

Steve: Be prepared backwards. Forwards: I am sick therefore I take medication.

Susan: I am sick, therefore I take medication,

Steve: And backwards: I take medication therefore I am sick.

Susan: I take medication therefore I am sick! (*she dances around Steve. He begins to respond a little*)

Steve: Be prepared! Deraper peb!

Susan: (*stops abruptly*) I didn't tell you. I'm leaving today. I'll miss you and those blue eyes. You can escort me down to the lobby. Do you have a pass?. It's always hard to say good-bye.

STEVE: I'll put in a request. It usually takes half my off ward smoke breaks to get them to open the door. (*he follows her out*) They did it! They opened the door!

(They get in the elevator. Doors close, elevator descends, Doors open)

SUSAN: My husband's Mazda isn't here yet

Steve: So this is it

Susan: I guess, she looks at Steve and turns her head away. I'll miss you. She leads Steve aside, pulls him close, places a kiss on his lips, I've gotta go, See you next year?

Steve: Probably. Steve watches her disappear from sight and around the corner and into the Mazda.

Steve shakes his head and throws his arms in the air. Are Hospital Relationships always like this? He steps into the elevator. Well back to the ward. (doors close) I hope my psychiatrist has done his research today. Seven years of post-graduate studies and all he can say is "Do you hear voices... Steve?"

# Poetry & Art

#### THE DAWN OR L'ARUBE

By: Kate D.

The sun is rising upon A mountainous landscape. The beauty of its varied tones Inspires one to begin a new day. The sun is coming up All over this world. People are starting their Daily round of activities. The photographer realized this. He/She captured a wonderful Moment in time. And, of course, it anticipates The close of the day, the sunset. Both events frame our Everyday lives and give meaning And purpose to our existence.

#### "LET IT BE"

By: Kate D.

I first heard the title song From this iconic album As a student in school. Another pupil played it on the piano One morning at assembly. It moved me then as it Still does today in multiple ways. Like "Bridge Over Troubled Water" It provided balm for the soul. Then, later, as an adolescent, The other songs became known to me. I had an affinity for "The long and winding road That leads me to your door." Little did I know that my Troubled mind would really live out The words of wisdom contained

In those lyrics.

Partly religious symbolism, as in

"Mother Mary comes to me",

Was authenticated in my suffering

And prayers for healing.

To me, it is meant as a message

Of redemption, of salvation and

Of love as the ultimate sacrifice.



By: Deirdre



By: Aldene



By: Denise



By: Denise



By: Fred



By: Fred



By: Jennifer



By: Jennifer



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