

The COVID-19 pandemic has had a major impact on the world as a whole and on our individual lives, creating changes we have all been adapting to.

St. Jude's has worked diligently to ensure we adhere to Public Health policies that were created to protect everyone from contracting the virus, from putting a pause on the meal program and weekend activities to encouraging social distancing, hand washing, and mask wearing to providing educational workshops.

As such, we would like to thank St. Jude residents for their patience, understanding, and flexibility in being so accommodating with the many changes that have taken place, you have all collaborated beautifully to ensure everyone's safety and comfort during these challenging times. We're all in this together!

### 7 STRATEGIES TO FEEL LIKE A SUPERHERO ANYTIME

By: Loida

### 1. Practice Your Power Stance

Change your state of mind with your body! Studies show that taking on postures of confidence can actually help you FEEL more confident. Even when you're feeling a little insecure.

Practice your power stance in the bathroom, in front of a mirror – stand with your hands on your hips, your chest lifting, your head up – or find what feels and looks right for you!

### 2. Take 2-3 Minutes Every Day To Meditate On Positive Things

There are at least 5 things in your life that you are grateful for. It's really important to give yourself a little space once a day to just sit quietly and think about them. Do it first thing in the morning -a



practice doing on purpose to stop from automatically reaching for your phone to check email first thing. It's a really good practice, no matter what time of day you do it.

### 3. Identify 5 People In Your Life Who Have Qualities You Admire, And Spend More Time With Them

We are the product of the people we spend the most time around. Make a conscious decision to spend more time with and around the people who have qualities you admire, who inspire you, and are doing things with their lives that you hope to do or are working on doing.

If they aren't people you have direct access to, read their books or blogs, listen to their podcasts, tweet at them and generally make **6. Help A Stranger** their voice one that is part of the conversation you have with yourself daily.

### 4. Identify The Negative, Energy-Sucking People In Your Life And Spend As Little Time With Them As Possible

You know who they are. Spend less time with these people. Don't themselves. Be a real hero and engage in conversation with them. make someone's day with a Be polite, but distant. Spend your energy on the people who inspire you.

ty – it will derail you from your goals and will drain your energy – relegate those people to the least important part of your life.

### 5. Set Boundaries For Yourself

We have to know when to say no. You know how hard it is to say 6 strawberries no when there are so many things 1 scoop vanilla protein powder to try and do and people to see... but we have to take care of ourselves.

Don't feel like you have to do everything – take the pressure off yourself and remember to protect vour energy so vou don't burn out.

Go out of your way to help someone today. It could be as simple as listening to someone's story, or noticing that someone is struggling and stepping in to help them.

When we stay open, opportunities to help others always present simple act of kindness.

### 7. Drink A Green Smoothie

Avoid drama, gossip and negativi- Ah, yes - the most efficient and tasty way to infuse your body with antioxidants, vitamins and phytonutrients, boost your immune system and energize you for hours! My recipe today was super simple, I blended:

> 2 cups baby spinach 1 banana 1.5 cups (approximately) almond

milk

Or you can make your own recipe!

### ARTICLES

### I AM GRATEFUL



By: Elsa

I am grateful for the many things in my life.

I am grateful for St. Jude Community Homes. I am grateful for all the staff, Executive Director Carol and Program Manager Jim. I am grateful for all the staff who deliver the meals to everyone that is on the meal program.

I appreciate the mental health services that help me, Toronto Western Hospital and St. Michael's Hospital. I am grateful for being alive. I am thankful for the medications I get to help me be well. I am grateful for the Income Support that I get from the government.

I appreciate the precautions that have been taken at St. Jude

Community Homes to protect everyone from the COVID-19 virus. I am grateful for the precautions that the government is taking to protect people from the virus, from getting sick in Canada. I am grateful for all Nurses who help people who are sick.

The tips that I would give to people to survive the pandemic is to:

- Wash your hands during the day
- Wear a face mask if you need to when you can't distance yourself from other people outside
- When you are at home keep occupied

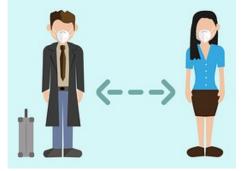
- You can also go for a walk
- Stay a distance away from others

The activities I suggest to do during the pandemic are:

- Colouring in a colouring book
- Doing crochet or knitting
- Going on the internet and search different topics
- Practice your typing skills by going to the website typingtutor.com. In this website choose a password and practice your typing skills. Read a book
- View an exercise tape to workout at home
- Buy an Activity book to do activities
- Do stretching exercises
- Do chair yoga
- Do progressive muscle relaxation by tensing and relaxing your muscles
- Praying is also a good thing to do

*I hope the pandemic ends soon.* 









### WHAT I AM GRATEFUL FOR



By: Kate

Above all else, I think that I am realizing with this pandemic, how precious my Life is. With deaths occurring every day around the globe, we all have become

Aware of how irreplaceable our lives are.

But beyond this huge realization, there are many things in my life which

I am grateful for. First and foremost, I am thankful to my family for their support over the years, both psychologically and financially. In the past, whenever I have been ill or lonely, I have called one of my siblings for assistance. On the whole, they have mostly been there for me.

I am also grateful to St. Jude's Community Homes for providing me with My bachelor apartment and a little position here as a dish duty



Attendant. Then, too, I am very thankful to my worker, Debbie, for her invaluable support, and to all the workers here As well. The staff here are caring and good people who have helped Me with emotional support, attempts to find meaningful Employment, and guidance.

There have been some rough times in my life with this illness. But, on a positive note, I have also made a lot of friends all Throughout my recovery, people who are also struggling. And I have found a voice through the help of two Wonderful organizations: Workman Arts and Creative Works Studio. I can express my anguish, my thoughts and my feelings Through my artistic endeavours, and for that, too, I am Grateful.

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### PANDEMIC REFLECTIONS

By: Loida

### What has inspired me during this pandemic?

The COVID-19 pandemic has brought on some tough changes, but I think it made a lot of us strong and resilient. And the best thing is, we learned to lean on each other. I have seen and heard some random acts of kindness and support. Whether it's creating community when we can't meet face-to-face; or offering a free service on something you might otherwise charge, it is really inspiring. There are a lot of organizations who also raised funds just to donate to all those in need. Very inspiring!



# What tips can you offer to get through the pandemic?

Make sure to care for your mental and physical wellbeing and to ask for help if you feel overwhelmed.

# What are you most grateful for?

I am grateful for the extra time I get to spend with my daughter now that she's out of school; my appreciation for the beauty of nature here in Toronto; this distancing is bringing friends and families together; I am especially grateful to be able to reflect on what's important to me – to sit back and listen to what my inner voice might be telling me. I am thankful to be able to have quiet moments to reflect and meditate; to take care of myself and my body through exercise and yoga.



## COVID-19, the Butterfly Effect, and a Taxi Ride

### By: Steve H.

Embedded in the mud, glistening green and gold and black was a butterfly, very beautiful and very dead. It fell to the floor, an exquisite thing, a small thing that could upset balances and knock down a line of small dominoes and then big dominoes and then gigantic dominoes, all down the years across Time.

-Ray Bradbury (1952)

Three hallmarks of COVID-19 are alienation of the senses, deprivation and isolation. Here I use the 'butterfly effect' that has become a popular slogan of chaos. But is it really so surprising that minor details sometimes have major impacts? Sometimes the difference between a world, where a butterfly and an alternative universe that is exactly like the first, except that the butterfly is absent is a result of, this small difference. the worlds soon come to be related to quantum physics. On the way back in a cab I wore a mask

and spoke to a Sufi Taxi cab driver, and I was on my way.

It is the subatomic world that defies all logic of our macroscopic realm.. It is an understatement. Things you may think are inanimate have a life of their own. Chaos is related to some aspects of quantum physics, where one miniscule movement on one side of the universe, will make a significant change on the other side. And like the gentle struggle of a dying butterfly in one world, it changes something on the other side. To accomplish one mundane chore or challenge, you can propel yourself into some positive major life epiphany in an another part of of your life. Serendipity! We travelled south on Coxwell.

I notice the unique shape of the South Asian face, its idiosyncratic eyes, the sari she wore; moreover, I note some of the Indian restaurants were delivering and most had take-out service. The smell of Tadoor Masala, Coriander and Saffron wafted through the air. I hear the languages of Hindi,

Bengali and Singalese pouring through my ears. India fills my senses. We push onto Pape Ave. and Dundas. St. East. I remember all the old factories and buildings which have now turned into lofts. In life, you walk in one direction, opening one door, it changes an unknown variable in another part of your life. I shut my eyes for a minute and a Cicadia punctures my ear-drums and the copious dancing wasps mate off the rear window of the car ahead of us. I open my eves once again. I see the New Aquatic Installation in Regent Park and a woman in a surgical mask with her blond hair catching the wind. She smiles at her child and brushes her daughter's hair aside. When I reach Dundas and Parliament, I crane my neck up right to a condominium, and see a friend of mine in a fedora, out for a smoke on the balcony – alone, self -isolating.

My neighbours at Gerrard experience such chaos: a subatomic particle or a pinpoint of a thought of us are individuals. All of our morphs the metaphor of mind like experiences are unique. Perhaps, schizophrenia and COVID-19 do. Can they understand this? Chaos is important, in part, because it helps us to cope with unstable and seisimic systems, resulting in psychosis of the COVID era, improving our ability to define, to grasp its essential markers, perhaps even to have a favourable

prognosis. To understand the chaos we need the impetus of irreconcilable opposites. Indeed, they are paradoxical: yet work in tandem to change the nature of what we conceive as "wellness." As we approach Sherbourne St. a man unshaven, with jeans and a T-shirt, urinates on the road. The cab is now on its way to downtown. One of the myths of chaos and how the COVID-19 crisis affects people with schizophrenia, is that certain socio-demographic groups don't have the ability to organize the flood of thoughts, and often they can use their illness to work at a higher level. Ergo, it is true that certain stressful states of mind are more manageable than others.

A top researcher in psychosis, DR. E. Fuller Tory, , says that psychotherapy is useless in schizophrenia, as it confounds the course of treatment. But if we look at our neighbours and don't judge them, and try to understand the "Politics of Experience," each one we don't know what words are more efficacious than others are.

The cars at Yonge Street are getting bigger. Muscle cars are all there: the Ford Broncos, Dodges, Old Trans AMs, and Hummer pick-ups. The bible-black exhaust pipes puff out the dirty fumes and

the ear-splitting roar of the car engines all need to line up in a queue at greasy muffler shops. A rake-thin junkie with track-marks store. on his arms disposes of his hypodermic syringes in the Public Health disposal box on the Victoria and Dundas corner. Both prostitutes and Hustlers compete for space in amongst the curious. Why... I didn't know? Socialdistancing is immensely important to stop the spread of this virus. The Junkies, the homeless, the bag-people, shuffle across the street. The mentally-ill man with the freshly-pressed suit yells to himself as he walked into the bank with the Tim Horton cup. Humanity would rather risk getting closer and gather to worship and gather to celebrate. Propinquity to our neighbours is natural.

We are a social animal. Ignore this and we will face extinction as humanity on this blue and green orb. Chaos is important. In China -town it was busy, limitations to how many could sit their places to eat. Indeed, I watched a woman in a TTC shelter on the way. I wondered where she came from in China, what kind of dialect of Cantonese or Mandarin she spoke. How her eyes and her greying dark hair and how many of her relatives came to Canada to escape the tyranny of the Communist regime. Was she ever assaulted for bringing the virus

here? The modulation of every Chinese man and woman was heard as they exited the local store.

When I reached southern Kensington Market and thought for a moment and empathized with many the nationalities who have a store or a food stand there. They must suffered terribly through the Covid crisis. The Portuguese, The Tamil, the Italian for sure. How they will ever recover is difficult to say.

There are different ways to portend a favourable outcome. There are methods like Cognitive Behaviour Therapy (CBT). Neurolinguistics is an important study as what we say and think can affect our life, our physiology, the words we use can be utilized to create personal self-affirmations

The taxi driver looked in the car-mirror with questioning look in his eye. " Does this guy have enough money to pay his fare?" He stopped at the red light. Dundas St. West flew by the many -people streets and avenues were not social-spacing. The many restaurants and health food stores had take out one at a time or delivery. The nationalities in this is changing too with The Polish and Ukrainian people I knew when I lived in Parkdale with new ethnic restaurants and services for a new population. I hope they

will survive. My God I'm past Roncellevales and Dundas St. West, and nearing my destination to stay with my sweetheart, for it is only she that can keep me sane through this difficult era of history.

in Particles, a subatomic physics, as in our own life miracles do happen, things that may not have a soul and that is debatable live. have life's. They can actually tunnel through walls, appear out of thin air and disappear, stay entangled and choose to behave like waves. According to Niels Bohr, the father of the orthodox 'Copenhagen Interpretation' of quantum physics, "Anyone who is not shocked by quantum theory has not understood it". Quantum mechanics deals with the study of As in the Law of Conservation of particles at the atomic and subatomic levels. The term was coined morphs into another form. Anyby Max Born in 1924. There is no real understanding of why it works, what it really means or what implications it has for our world picture. The best we can do is accomplish, seemingly "small victories"; moreover, one single effort you make in one part of vour life will make a massive change in another part of your life. Quantum mechanics is a neophyte in the study of physics. Positivity and its theoretical structure work to provide real world results. Schizophrenia is difficult state of mind. The COVID is sometimes a horrific fact of life.

era will continue to affect me and the residents of St. Jude's. Once you descend in the snake pit, you will have known the desperation of the "illness" with its derogatory epithet. Yet the wonderland of quantum physics, will keep you enthralled forever. You can use elements of psychosis to proceed to appreciate the rest of beauty of your life; furthermore, as we change and adapt for the COVID we will be stronger people. Yet the masks and plexiglass between us will continue to challenge our reality of the tactility of humanity which we learn in the warmth of the amiotic fluid and are birthed and held in our mother's arms. subsequently, identifying strongly with both parents

Energy, energy never dies, it thing you lose reappears in a different form. Quantum mechanics tell us protons, electrons are always in a state of flux; moreover, appears In two places at a time. The dichotomy of an electron is that it is a wave/particle all the time. In layman's terms, quantum mechanics is a process to use a negative and turn it into a positive. It is unusual and very difficult utilize a bizarre phenomenon like the Butterfly Effect and deploy it to use it to improve ones quality of life. Mental unwellness

A study of jargon and complicated mathematical equations impedes its application. However, it is easier to take a look at the basics of quantum mechanics, provided one isn't confounded It is easier to remember that an electron is a particle, as well as a wave at the same time. The theory sets fundamental limitations on how accurately we can measure particle parameters. Since, J.J. Thomson discovered the electron in 1897. Although it is a part of the chaos theory and quantum mechanics theory, the butterfly effect is foremost a meteorological term. Use it as an affirmation, stop complaining about the rain or snow, and carry your own weather around. Let it motivate you to look at the world and yourself in a positive light,

If in doubt of anything, push yourself to do, just once. I hope and pray this COVID unreality will end, until then use empathy, compassion and the chaos theory to push beyond the COVID reality everyone is facing now. I pull up in a cab at my destination. I pay him the cash. I open the cab's door, the peek of sun is intense on my eye. I reach into the back truck. He helps me to take the baggage out of the cab. I step up. I push the apartment button. I'm back. COVID-19 Time. Here I am once again.

# My Trip to Mexico

March 6th –12th

By: Doug

I went to my sisters' two days before our trip. Fortunately, she needed wheelchair assistance at the airport, which gave us priority boarding. We were through customs ahead of everybody else.

We arrived at the hotel in the evening, so after unpacking our gear, we went to the Steakhouse. We both had T-Bone steaks, which were included with our room. This was my first try of Tequila. It was great! The waiters always ask customers if they have food allergies. This is not just at the hotel, but all restaurants.

The second day, we took easy. This was when we tried the waters history of El Revolución on one of the Gulf of Mexico. The water was a nice temperature, and the sand was white. As for the restaurants, we went to all six or seven. The following day was business for my sister. Boring!

Next evening we took the Ferry to Isla Mujeres and did some shopping, eating and taking in

local talent. There was a man who performed tricks with a hoop, my back was to him, so didn't see much, but what I did see was impressive.

Next night we were supposed to come home, but fortunately, we missed our flight. So we were in downtown Cancun from 7 pm to 3am before we returned to our hotel. It was all shopping, eating and drinking. They talk about poverty in Mexico, but we saw no panhandlers. Everyone had something to sell to make money.

The last day, we had breakfast downtown in a restaurant with the wall. This, I found educational. Then we went to the airport, bought our liquor at the Duty-Free and came home! It was a great experience and I will return there.

All said and done, it was a great holiday but being home is nice!



### Never Lose Hope

By: Fred

A trumpet's sound in Heaven Signifies a victory of the soul. Will we ever find victory in this virus-ridden world? Never lose hope.

A man on the subway Asks if you can give him 2 dollars for food. You wonder how many will give. Never lose hope.

A bird in the forest Has broken her wing, And Mother Nature can be unforgiving. Never lose hope.

The President of the United States Poses in front of a church. Does he know that God is love? Never lose hope.

Hunger consumes, Teardrops fall, The rich do laugh, But the soul marches on. Never lose hope.

# A Spring Limerick

By: Aldene

Spring is arriving in the air, Coming in with wonderful flare. Looking down, All around, Sweet scents are smelling, Everywhere.

# Some Folks at St. Jude's

By: Aldene

There were some folks at St. Jude's, Who all craved different foods. But don't despair, The chefs with flair, Satisfied all stomach moods.

# Coping with the Pandemic

By: Aldene

What inspires me through this pandemic is *music* and *creativity*.

Some tips to share are be *physical* and be *creative*.

What I'm most grateful for is knowing *I'm not alone, prayers,* and knowing *we will get through this.* 



By: Jennifer



By: Jennifer



By: Aldene



By: Fred





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