

Winter 2021

Volume 28, Issue 1

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WORDS OF AFFIRMATION

SELF-LOVE

By: Loida C.

"Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others. Self-love means not settling for less than you deserve."

To brighten your day, I thought I'd share my Hyacinth which started to bloom.

Warm regards,

Loida





Mews and Events





Happy New Year St. Jude! As we leave behind 2020, we jump into 2021

SAYING GOODBYE



Matthew Conroy

Program Resource Worker

Started as a student in January 2018 and was hired as relief staff in April 2018.

Wishing him the best!

SAYING GOODBYE



Naema Dag-Ellams Program Resource Worker

Started as a student in September 2017 and was hired as a full-time January 2018.

Wishing you the best of luck.....

WELCOMING NEW FACES



Gilda Marten Relief Worker

Gilda started on January 2021. She has more than 10 years of experience in supportive housing and is excited to be a part of St. Jude Community Homes!!

WELCOMING NEW FACES



Andrea Nichol

Program Resource Worker

Andrea received her Bachelors of Psychology from Ryerson University and her post-graduate certificate in Addictions and Mental Health from Humber College. Andrea completed her student placement with St Jude in the summer of 2018 and has been working at a relief resource worker with us since then. Now she has begun working as a full-time resource staff with St Jude, working at the Dundas, Gerrard and City Park sites. Andrea looks forward to building greater rapport with all St Jude residents and reestab-

EMOTIONAL WELLNESS DURING PANDEMIC:

During these unprecedented times we need to work extra hard to manage our emotions well. Being worried and anxious is perfectly understandable during these times.

Here are some tips to help improve your emotional well-being:

- limit COVID-19 media exposure to no more than twice a day—try to avoid reading about COVID-19 before bed.
- Get and provide warm, comforting, social support by video, phone, or text
- Find ways of expressing kindness, patience, and compassion
- Remember you are not alone, and everyone is sharing this experience with you
- Eat well– good nutrition helps your mood
- Seek help when you need it
- Most importantly FOCUS on the things you CAN control

Letting go of the things we cannot control and focusing on those we can control.

See diagram below



BLACK HISTORY MONTH 2021

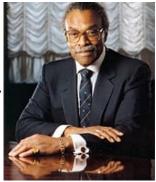
FEBRURARY 1ST -MARCH 1ST

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation it is today.

Black History month is also an opportunity for people to learn more about the effects of racism and how to challenge negative stereotypes.

An important Black History Figure:

Lincoln Alexander 1922-2012



Lincoln Alexander was a lawyer, member of parliament, cabinet minister and war veteran, but he is perhaps best known as the former lieutenant governor of Ontario. Alexander was the first person from a visible minority to take on the role, and the first black member of parliament in Canadian history. Following his tenure as lieutenant governor, Alexander served as chancellor of the University of Guelph for 16 years. In 2006, he was named the 'Greatest Hamiltonian of All Time' by readers of the Hamilton Spectator.

Black History Month was officially recognized in 1976. In Canada Black History Mont started in Dec. 1995, The house of commons was officially recognized Feb. as Black History Month in Canada. This is calling up on the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history" (President Gerald Ford, Jan. 14, 2012).

INTERESTING FACT:

February was chosen because it coincided with the birthday of Abraham Lincoln and Frederick Douglass. Black communities had celebrated together since the late 19th century.



CHINESE NEW YEAR 2021

THE YEAR OF THE OX

By: Naema D.

What is Chinese New Year?

Chinese New Year (also known as Lunar New Year, Lantern Festival, The Spring Festival) is



a yearly 15-day festival in China and Chinese communities around the world! This year the festival starts **Friday February 12, 2021** and ends **Friday February 26th, 2021** with the traditional greeting, "kung hei fat choi."

Significance of Chinese New Year?

The holiday is traditionally a time to honor the household, heavenly deities and ancestors. Chinese New Year is also a time meant for families to come together to feast, which symbolizes reunions, freedom and socializing. On the 15th day of the celebration, people of different age and gender go out and onto the streets to celebrate. From lighting lanterns and playing games, The Lantern Festival is for everyone!

The Lion Dance and The Dragon Dance

During the festival there is either a Dragon Dance or a Lion Dance. The Dragon Dance is commonly seen, which represents wisdom, power and wealth and are believed to bring good luck to people. The Lion Dance represents power, wisdom and superiority and are believed to

bring good fortune and ward off evil spirits. The Lion Dance is normally operated by two people where The Dragon Dance operates by nine, eleven, sometimes even twenty-nine; the longer the dragon, the more luck it brings! Both dance move in a smooth, wavelike motion that mesmerize and excise their audience— a beautiful display to celebrate the culture.

The Year of the Ox

Chinese New Year also celebrates the transition between zodiac signs. In the year 2020, it was *The Year of the Rat.* On Friday February 12th, 2021, we transitioned to *The Year of the Ox*.

According to the Chinese Zodiac, the Ox is the second zodiac animal out of the twelve. The Oxen represents hard work and honesty. The Oxen rarely lose their temper, are logical and make great leaders! People who are born during the year of the Ox typically have such characteristics.

Kung hei fat choi!



CHINESE NEW YEAR 2021

What is your Chinese Zodiac Sign?



The year you were born, will tell you your zodiac sign.

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RECIPES

SUPER EASYSHEPPHERD'S PIE

By: Naema D.

INGREDIENTS

- 1 box of Betty Crocker's mashed purée potato (use both pouches)
- 1 cup of hot water
- 4 tbsp. of butter (or margarine)
- 1 cup of milk
- 1 medium chopped onion
- 2 cloves of chopped garlic
- 1-2 cups of chopped vegetables (carrots, peas and corn)
- 1 1/2 ground round beef
- 1/2 cup of shredded cheese (optional)
- Pam oil
- Seasoning (or salt and pepper)







You will need one medium size pot, one frying pan (or skillet) a bowl and a casserole dish

Directions:

Preheat oven to 350 F degrees. Prepare the mashed purée potato (the instructions on how to prepare will be on the box) in a medium pot.

In a skillet (or frying pan, or cooking dish), spray it with pam oil. Add the chopped onions and garlic to the frying pan and cook on medium-high heat for 3-5 minutes. Then add the ground beef and cook on medium-high heat. Cook the ground beef for about 6-7 minutes, or until the meat is no longer pink. Add the seasoning (or the salt and pepper) while cooking the meat. Once the meat is fully cooked, add the can of corn and chopped vegetables to the skillet and mix to cook evenly.

Spray the casserole dish with pam oil and put the mixed vegetables with the cooked meat in the casserole dish. Spread the meat and vegetables out in the casserole dish evenly with a wooden spoon. Layer the mashed potatoes on top of the meat and spread it out evenly, covering the meat. Once the mashed potatoes is layered out evenly in the casserole dish, you can sprinkle shredded cheese on top of the mashed potatoes.

Pop the casserole dish in the oven and it bake for 30 –45 minutes, or until the surface of mashed potato is browned and bubbling.

All ovens bake differently, so yours may take a little less or a little more time to bake. Enjoy!





EVENTS

St. Jude's Had a Wonderful Christmas Time!

Every year at St. Jude it is tradition to host a Christmas Party at Dundas with food, games, prizes and karaoke! At Gerrard, the resident work with staff to prepare a Christmas Dinner. Due to the Pandemic, we had to get a little creative to spread some Festive Cheer!

During the week of the **December 14th,2020,** St. Jude and their magical elves got to work to put together and distribute goodies to the St. Jude Community! On Tuesday December 15th, St. Jude staff distribute loot bags to the City Park Community.

On **Thursday December 17th**, St. Jude staff a delicious Festive Dinner prepared by our wonder kitchen staff, Head Chef Adam Beath, Assistant Chef Nicolas Petit and our former Assistant Chef David Jang. Bravo team, the meal and treats were EXQUISITE!











EVENTS













STORIES &

&
JOURNEYS

Christmas Day COVID-19

By: Steve H.



ties, we must create a conscious desirable flow in your life is a challenge. It is a jihad, a personal struggle that is sometimes both excruciating and rewarding at the same time. The strategy you use to solve this problem has five steps. The first step is to have the "courage to be imperfect." To do this, you must acknowledge that you only human. Whether the imperfection is a lack of focus, or a lack of organization, your life is inextricably tied to your self-concept and, your self-worth. This is the way you see yourself and others in the greater scheme of things. The second step, perseverance, is vital. Although this process is difficult, you can't give up! The third is patience. This is key to accepting calmly the vicissitudes of life as it can be frustrating. One day you are up. The next you are down. This is the time when appreciation of your small victories is important. Appreciation is the fourth step. You are kind to yourself during those times. Sometimes when you feel down, and you are struggling, you

In these COVID-19 times, our vulnerabilichange your perspective, the fifth step of the process, and think positively. You try to see the glass as half full rather than half empty. In that way, you visualize success in any way possible, and you change the way you Look at things. Nothing is more important to the discipline of life than bringing the mind set of courage, perseverance, patience, appreciation and perspective to one's life. When you do these things, you feel in control, and with practice, you feel confident that you will meet this challenge. COVID-19 is a difficult state of mind, use your thinking processes to improve your life. Miracles do happen every day. The leader of the Jews, Moses; Jesus, the living God to converted Christians and Mohammed, the messenger of Allah all had great intentions, but humanity is more complex than that. You may not be Jesus, yet if Lazarus was raised after 4 days. The Miracles of faith can cure everything... Whatever your colour of skin, religion, socio-demographic, politics you cleave to, the living God lives in all of us, in every bud that develops into flower,

and every plant that crumbles into the earth and replenishes the soil, and the seed that regenerates all of the goodness of humanity. Affirmations are for everyday.

Be colour-blind. Christmas is for everyone Rejoice!



ARTICLES

ARTICLE

By: Neil M.

I feel that the socioeconomic system will never be the same again because of the flu virus. The February 2020 Issue of McLean's Magazine talked about what is wrong with both the left and right systems. As someone who has been equally in both fields, I feel that the overall system will never be the same again.

It will not affect those on old age security if the federal government continues to help them, but it will affect those of young age. I would hate to be in the new finance minister, with all the promises of the Prime Minister in deal with the flu virus.

But as I said before, I think that the socioeconomic system will never be the same.

Poetry & Art



Festival of Lights

By: Fred S.

Fine fables, and tales of Torah, Nevi'im, and Ketuvim.

Shining lights of candles upon the menorah seen.

Spin dreidel, eat latkes, a mazel tov toast.

Jewish spirit, happy Hanukkah, enjoy it the most.



Praise in our differences; praise in cultures been due,

Love for all Buddhists and Christians, Muslims and Hindus.

Love for a friend, and love for a family far and dear,

This December, it will soon be a happy New Year!

Winter Dreams

By: Kate D.

(after Tchaikovsky)

I dream of a winter in
The City of my birth.
A solitary walk along
Streets filled up with snow.

The snowflakes falling gently

Upon this whitened earth.

Heaps of this snowy substance –

Piled high on the rooftops,

Lining the sidewalks;

Adorning the window ledge;

Plowed to the side of the roads.

So much snow in fact
That school is cancelled.
Freedom for a day or two,
And all my dreams intact.

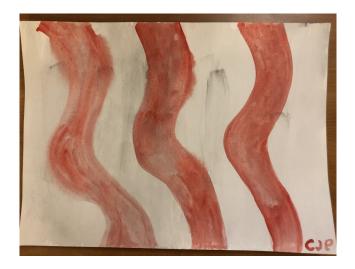




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