



Hey Jude!

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Sean G.



Celebrating the Return of Spring

Easter is the most important feast of the Christian faith. It is a historical fact that Jesus was crucified and died on Good Friday and Christians believe that he was resurrected from the dead on Easter Sunday. In some circles (mine included) it is common to greet one another on Easter Sunday by saying "He is risen" and replying "He is risen indeed!" It is as much an affirmation of our faith as it is a declaration of the freedom that Christ (Greek for "anointed one") bought for us.

Easter is linked to the Jewish Passover not only for much of its symbolism but also for its position in the calendar. Jesus as the Passover lamb, was crucified at roughly the same time as the lamb was slain on Nisan 14 (Hebrew calendar). Simply put, Christians believe that Jesus is the Messiah (Hebrew for "anointed one") who the Jews were expecting while the Jews still wait for Him to appear. Easter and the holidays that are related to it are moveable feasts, in that they do not fall on a fixed date in the Gregorian or Julian calendars (both of which follow the cycle of the sun and the seasons). Instead, the date for Easter is determined on a lunisolar calendar, as is the Hebrew calendar.

Both Passover and Easter celebrate freedom from slavery. We all face challenges and difficulties which can easily threaten our well being and thereby "enslave" us. Within each of us is the power to choose how we respond. When we choose to hope we invite freedom as hope is the springboard of faith. Spring is the season that signifies hope and new life. Let's rejoice and welcome its return!

Mare Bock

St. Jude's Environmental Committee Formed



An environmental committee has been formed at St. Jude's to enable residents to have a say in how the agency "reduces, reuses and recycles." At a recent Town Hall meeting at Dundas, Alan presented the idea of the committee, which will focus on responsible recycling and use of energy. Residents were invited to sign up for the committee, and can still join by contacting Alan at Milan.

At the same Town Hall meeting, Board Of Directors member Todd Ross presented information about the safety of the new compact fluorescent light bulbs. Mixed messages have been reported about the safety of the bulbs, known as CFLs. The good news is that CFLs are more energy efficient, and reduce air and water pollution compared to the older incandescent type bulbs. Each CFL keeps ½ a ton of carbon dioxide out of the atmosphere over the life of the bulb. They also save money in the long run, because they use 75% less energy to produce the same amount of light, and last up to 10 times longer than the old incandescent bulbs. This can result in energy savings of up to \$33 per bulb per year, according to an article Todd provided.

Unfortunately, there are also some concerns about the use of CFLs. Although each bulb contains less than 4 mg of mercury, you need to exercise caution if one breaks. This means sweeping the broken glass and powder (don't vacuum) into a plastic bag, which should not go into the regular garbage, but instead be given to the caretaker of your building. In addition, CFLs should not be used in areas where people spend more than an hour a day within 30 cm (approx 12 inches) of the bulb.

Todd also reported that Health Canada is currently testing CFLs to measure UV emissions and electromagnetic field (EMF) levels. UV is a kind of light, and EMF comes from anything which uses electricity, such as a motor or heater. If the tests establish a reason for concern, actions will be taken to force the manufacturers to correct the situation.

And another piece of environmental news: this coming Wednesday, April 22nd is Earth Day. Each year on this day, more than 500 million people around the world stage events and projects to mark Earth Day. Some events in Toronto on April 22nd will include an Earth Day open house at the South Riverdale Community Health Centre (3-6 p.m., 955 Queen St. E.), a labyrinth walk at Trinity Square Park (12 noon, beside the Eaton Centre), a symposium on environmental issues at the Centre for Environment (10 a.m.–3:30 p.m., 41 Willcocks), and a chanting celebration at the Tao Sangha Centre (7-9 p.m., 344 Bloor St. W.)

You can also read about Earth Day's "Top 10 Actions" under Resources at the following web site: <http://www.earthday.ca/pub/index.php>.

More information about the Environmental Committee at St. Jude's will come in future issues of Hey Jude! In the meantime, you can join the Earth Day celebrations and help save the planet. You and your friends and family members will be glad you did!

Simon



Birthday Stars of the Month

1. What is your best memory of the past year?
2. What is one goal you have for the coming year?
3. Tell us one or two favorite qualities that you like to see in people.

Ruth (Dundas) – April 14

1. *Taking a tour of Centre Island with my sister, and seeing the movie "Marly and Me."*
2. *To complete writing my aging booklet.*
3. *I like to see good manners.*

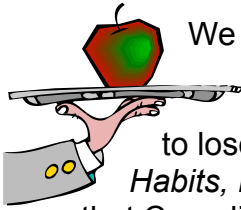
Kent (Milan) – April 19

1. *Having Christmas dinner with my brothers and sisters. We had Thai food at my brother Ian's house.*
2. *To follow through on the goals I've already set, such as doing Tai Chi, working and going to school.*
3. *Sincerity, intelligence and a sense of humour.*

Rohan (Dundas) – April 20

1. *My birthday. We had a party at my mother's house.*
2. *To be healthy.*
3. *People who help one another and share good thoughts with one another.*

Nutrition Group Looks At Controlling Weight



We had an interesting Nutrition Group on Sunday, March 15th on the subject of weight management. Eight residents attended. Obesity is a growing problem in society, with many people trying to lose weight and diet. Judy read from a pamphlet called *Healthy Habits, Healthy Weights*, from the Heart and Stroke Foundation. It says that Canadians are heavier now than they have been in the past. It is estimated that almost 60 per cent of Canadian adults are overweight, with nearly a quarter considered obese.

The greatest toll of excess weight is on people's health, we learned. An increased risk for heart disease and stroke, which are reportedly the leading causes of death for Canadian men and women, goes hand in hand with carrying too much body fat. So do many other diseases. Weight gain happens when the number of calories eaten is greater than the number of calories used by the body, according to the Heart and Stroke Foundation.

The ten reasons for weight gain are the following: diet; inactivity; genetics; age; gender; psychological factors; pregnancy; medications; illness; and finally, quitting smoking.

We learned that healthy eating begins with eating a variety of foods. To create balanced meals that are moderate in size, it is wise to follow Canada's Food Guide. The guide discusses four food groups, and has recommended numbers of servings per day. The four groups are vegetables and fruit, grain products, milk and alternatives, and meat and alternatives. It is recommended that people try to include at least three of the four groups at every meal.

The Heart and Stroke Foundation gives a number of tips for losing weight and keeping it off. It suggests choosing healthy foods such as vegetables, fruit, grains, lean sources of protein, fish and beans, low-fat dairy products and lean meats. It also recommends reducing fat in your diet in order to cut the calories; choosing high-fibre carbohydrates; paying attention to serving sizes; and finally, limiting the amount of sweets that you eat.

There are some questions you can ask yourself when trying to control your appetite, according to the *Healthy Habits, Healthy Weights* brochure. Some of these are the following: Can you easily skip meals? Do you go many hours without eating? Do you tend to eat more when you are angry? Do you eat non-stop at social occasions? If you said yes to any of these questions, then you need to work on regulating your diet, the brochure says. It is suggested that you can start by eating at regular times throughout the day. If one learns to recognize when one is hungry, and eat nutritious meals, it is easier to control one's portions.

We then talked about how it is important to have a good breakfast. Eating breakfast is one of the most important things that you can do to lose weight, according to the Heart and Stroke Foundation. During the night, your metabolism slows down, and your blood sugar level drops. Eating a balanced breakfast sets the body to burn fuel during the day. A good breakfast will also regulate your appetite.

We also talked about doing smart supermarket shopping. This can be difficult because store shelves are filled with food that is very high in salt, fat and calories. To avoid getting trapped, you can create a list and follow some wise shopping strategies. The Heart and Stroke Foundation suggests the following: keep a list of what you need as you run out of healthy foods; plan meals for the week so that you are sure to have what you need; do not go shopping when you are hungry or you will be tempted to buy calorie-rich snack foods; buy seasonal fruits and vegetables; and finally, read all nutritional labels and ingredient lists before buying packaged goods.

We talked about many things and there was a lot of give-and-take and good discussion among participants of the group. As usual, Judy did a good job of facilitating. Maybe you have a topic about nutrition that you would like us to discuss. Come and enjoy the fun of learning something new!

Neil

Aging Group Looks at Falls Prevention



We had a lively discussion about falling and how to prevent this from happening, at the March 22nd Aging Group. Ten residents of St. Jude's attended.

Peter read from a falls prevention brochure. It said that nearly one-third of all people over the age of 65 fall each year, and that figure increases to 50% by age 80. For seniors, falls in and around the home are the most frequently occurring accident. Falls are the seventh leading cause of death in people over the age of 65, we learned.

There are two major causes of falls in and around the home. The first cause is health and age-related changes. The use of certain medications can lead to falls, and some people experience slow reflexes, poor eyesight and problems with balance as they get older. The second major cause is that of hazardous situations in the home. Examples of these are slippery floors, inadequate lighting, electrical cords in hallways, loose rugs and clutter. Most falls in the home occur in bathrooms, bedrooms and on stairs, we learned.

It is important to understand the risk of falling, and take steps to prevent falling, we also heard. Fear of falling can actually increase the senior citizen's risk of

falling. Cutting back on physical activity leads to loss of strength, reduced muscle tone, balance problems and decline in overall health, and often, depression. So a key step in preventing falls is regular exercise.

An article from the March 15th *Catholic Register* said it's important to eliminate the fear of falling among seniors. The article said that after a fall, some people lose their confidence to go out again. They end up staying at home more and becoming weaker. Referring to a "downward spiral," the article noted that within a few months after a fall, people who were doing well lose their independence almost entirely.

Peter read from a brochure entitled *Fitness, A Key to Avoiding Falls*, put out by Philips Lifeline, which supplies medical alarm systems. There was a quotation on the brochure from a former director of the National Institution on Aging in Canada: "If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation."

We had a lively discussion. John B. recalled falling once outside an elevator, and nearly tripped over a carpet another time. It was stated that water can make a floor slippery. In winter, rain turns into snow, then it melts and turns into ice on the sidewalk. John said that he has to be careful when he goes to No Frills, especially if he carries home several bags of groceries. He also said that he has twice fallen on the bus. Dizziness can also cause falling. Aldene said she uses the handrail to avoid slipping on the stairs.

We then talked about a handout that had a questionnaire on preventing falls. Some of the questions were the following: Do I exercise regularly? Is my diet sensible and balanced? Have I done a home safety inspection? Do I take extra care? Do I wear the right shoes? Has my health care provider reviewed my medications? Have I discussed my fears with my healthcare provider? The final question was: Do I have a medical alarm bracelet?

Peter distributed a checklist on tips to prevent falls (also from Philips Lifeline). You can do things both outside and inside your home, such as clearing snow and ice from entrances and sidewalks, and removing all extraneous clutter in your home. Other tips are to keep a well-lit home, and in the bathroom, adding grab bars in shower, tub and toilet areas and using a mat in the shower or tub.

And, finally, we talked about various exercises that can be done from a sitting and standing position. Caution was advised: You should consult with your doctor before beginning any exercise program. Exercises done from a sitting position include: neck stretches; arm raises; and back stretching and strengthening. Exercises done from a standing position include calf stretches; leg swings; hip

flexing and extension; and finally, doing mini-squats.

We look forward to future Aging Groups. You are invited to suggest future topics.

Neil

Community Concerns Aired at Meeting



There was an interesting Town Hall meeting at Central Neighbourhood House (CNH) on Saturday, March 28th. The purpose of the meeting was to give community members the opportunity to discuss a number of issues that are affecting the local community, and to help in planning future forums.

The first concern related to the new swimming pool that will be built at Regent Park. It was said that a pool could have a good impact on the community. The pool will be open to the public. It was also said that the new Regent Park development will have more people paying market rents, along with subsidized units. It was also said that there will be more concentrated housing units around River Street and Dundas St. E.

The writer asked if the new developments at Regent Park would lead to “gentrification.” This usually means that poorer people end up moving out of an area after expensive stores and apartments are developed, and people can no longer afford the higher rents. Someone at the meeting said that beautification of the area is needed. It was also stated that trees with planters would make the streets look better. Also, the area may attract larger businesses. However, it was mentioned that some people may lose patience with being on the long waiting list for subsidized housing in Toronto.

We then talked about the possibility of All Saints Church at Sherbourne and Dundas Street E. being closed. The Anglican Church in Toronto is allegedly trying to close this building. We then described the role of the police in trying to maintain social order. Someone at the meeting said that police officers must be respectful. Someone else said that the police tend to protect the property of the rich. It was also said that poor people must know how to stand up for their rights. The writer recalls Archbishop Collins saying police officers have a difficult job.

We then talked about the 18 apartment buildings in St. Jamestown. Many of the tenants are immigrants taking courses to learn English. It was stated that pressure must be put on landlords of subsidized housing to ensure needed repairs get done. Youth poverty in St. Jamestown was also mentioned.

Following this, we talked about programs for women and the role of legal clinics helping the poor. Legal assistance is often done by volunteer lawyers. There was a consensus that community building is important. Officials at CNH said that they

want to work with various immigrant groups. Senior citizen issues were also mentioned. Some of them have suffered for years in silence. For example, senior citizens cannot get free dental care easily, the meeting was told. There should be more outreach programs for senior citizens, one citizen said.

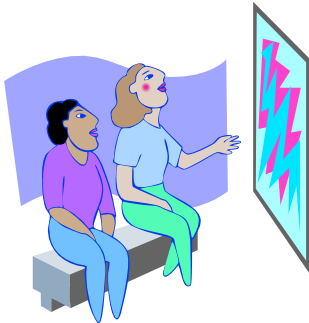
The upcoming CNH Annual General Meeting will be held on May 9th, and some of the above issues will be dealt with.

In an advertisement for today's meeting, Central Neighbourhood House said that the Town Hall meeting would help it plan for an upcoming community forum. Such meetings, it said, will help the community combine its strengths and resources, and address challenges. The centre wants to develop a shared vision of what this community can be, and how to work toward that goal. The statement also said that future meetings will encourage more people to be involved and committed to working on issues that affect the wider community.

It was an interesting Town Hall meeting, and we all learned a lot. It will be interesting to see how effective the Centre will be in dealing with challenges and injustices in its surrounding area.

Neil

Libraries Offer Free Passes to Museums, Art Gallery



When you visit the various museums like the ROM, the Science Centre and the newly renovated Art Gallery of Ontario (AGO), you can now go for free with the help of a special pass distributed by the public libraries. It's called the Museum and Arts Pass (MAP). All you need is a valid Toronto Public Library card to borrow the pass from any branch.

Only 1 pass is given to a card holder at a time to visit one museum. Each pass may be used for 1 or 2 adults at a time, along with up to 4 children, to visit that museum for free. Passes are valid for 3 months, and are turned in when you visit the museum of your choice. You can obtain a MAP pass more than once.

Passes are available only on a first come, first served basis in limited quantities, and cannot be renewed or reserved. The Parliament Branch hands them out each Saturday when it first opens at 9 a.m. Normally, passes are gone by 9:30 a.m., so people are encouraged to come early and line up. The Gerrard/Ashdale Branch also opens at 9:00 a.m. on Saturdays, and the passes are distributed at that time. Each week, new passes are distributed on Saturday mornings, with the exception of the following branches

- Barbara Frum (near Lawrence and Bathurst; 416-395-5440): Mondays at 6:30 p.m.;

- City Hall (Nathan Phillips Sq.; 416-393-7650): Mondays at 10:00 a.m.;
- Maria A. Shchuka (1745 Eglinton Ave. near Dufferin; 416-394-1000): Thursdays at 7 p.m.;
- Forest Hill (700 Eglinton Ave. West, between Bathurst and Spadina; 416-393-7706): Thursdays at 6 p.m.;
- Urban Affairs (at Metro Hall, 55 John St., 416-397-7241) Fridays at 9:30 a.m.

Some of the places you can visit with MAP are the Bata Shoe Museum, Black Creek Pioneer Village, the Gardiner Museum, the Museum of Inuit Art, and the Textile Museum of Canada. You can also visit the City of Toronto's Historic Museums:

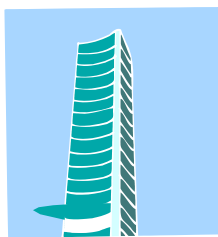
Colborne Lodge in High Park;
 Fort York National Historic Site;
 Gibson House Museum;
 Mackenzie House;
 Montgomery's Inn;
 Scarborough Historical Museum;
 Spadina Museum;
 and Todmorden Mills.

Passes for the Ontario Science Centre, Casa Loma and The Royal Ontario Museum are available at 32 library branches, including Parliament.

For more information on the Museum and Arts Pass, go to www.torontopubliclibrary.ca, or call the library at 416-393-7131.

John Domegan

Current Events Group Discusses Changes to Regent Park



We had a Current Events Group on the new development at Regent Park, and other events.

The meeting on Sunday March 29th at Dundas, began with a discussion about the recent Ontario government budget. Ruth read an article on the budget saying that families making \$160,000 or less will receive \$1,000, spread over three payments. The payments, which will start in June 2010, are intended to assist people during the transition to a new harmonized sales tax of 13%. A single person with an income of \$80,000 or less is scheduled to receive \$300.

The discussion then turned to the revitalization of Regent Park. An article from the March 5th NOW magazine said that All Saints Church, which runs a regular drop-in and referral program for the homeless, might be sold to developers by the

Anglican Church, in addition to St. Bartholomew's on Dundas, east of Parliament. Meanwhile in Regent Park, the developers are building 5,100 housing units, of which only 1,900 will be for social housing. The rest will be sold at market value prices. The article also noted that some 19th century Victorian houses along Dundas and Sherbourne Streets that were converted into rooming houses in the 1960s—and offered cheap rents—are closing, and could make way for much more expensive housing.

Orest mentioned that a lot of bars in the area are closing, and buildings at the Northwest corner of Dundas and Parliament may be sold to developers who might tear them down. Meanwhile the Toronto Community Housing's list of buildings to be sold does not include the William Dennison Apartments at the corner of Sherbourne and Dundas, but some people feel that its alleged state of "disrepair" makes it a likely candidate, according to the NOW magazine article.

John Domegan

New Residents Welcomed at Pot Luck Dinner



We had a good Pot Luck Dinner and welcomed 3 new residents to St. Jude's on Sunday April 5th. The three residents were Ann of Dundas, and from Milan, Patrick and Matthew. Debbie and Judy facilitated the group and residents contributed food and drinks.

Sean brought Spam, and Neil provided chicken pieces, potato chips and chocolate chip cookies. Matthew brought cupcakes and a danish, while Ruth came with wafers. Catharine donated Pringle chips, and Debbie brought a cake. John B. came with a litre of root beer, while Ann donated fig newtons. And, finally, Terrie brought strawberries, which were delicious. A fourth resident who recently moved to St. Jude's (at Milan), Samuel, was not at the party.

Debbie cracked some jokes (as in cracking eggs, a pun). One of the jokes was: Someone will crack up at Easter! In one of the games we played, Patrick's role model was Don Cherry, while Matthew liked a famous tennis player. Someone said they have never found out who Jack the Ripper was. Apparently, he was a doctor. When Ann was asked which two people she would like to have as parents, she said former Prime Minister of India, Indira Gandhi, and her husband. Ann also wondered how the pyramids of Egypt were built. This led to Judy asking how they built the San Francisco bridge. Someone else wondered how they built houses in Venice. It was stated that Venice was sinking into the sea.

Continuing our games, John B said that if he could read the secret diary of someone, it would be that of Hugh Hefner. When Terrie was asked what famous person she would like to have as a friend, she said Pierre Elliott Trudeau. Emilyn and John B. said Jesus, and Ann said she would like to read Michael Jackson's

diary. Someone asked what actress you would like to have a scene with. Neil said Lauren Bacall, and Sean said Meryl Streep. When asked which man they would like to have a scene with, Terrie said Robert Redford, and Catharine said Sidney Poitier. Debbie stated that “you are what you eat.” When asked what food people would like to be, Patrick said chicken, Susan said whipped cream, and Neil said egg nog.

Debbie asked people what vacations they had taken. Judy recalled going to camp when she was 7 or 8. She said she got homesick and asked her parents to never send her to camp again. Susan recalled that the plane she was on one time stopped for refueling at the Gander, Newfoundland airport.

We then played an interesting game called “Twister.” In this game, you do all kinds of contortions, on a large board. Three or four people can play at the same time, and get physically mixed up with people on the board. Matthew, John T. and Ann played this enjoyable game.

We had a good time at this party, and it was good to meet several of the new residents and share the spirit of community of St. Jude’s. We wish them all the best while living at St. Jude’s. Maybe we will have another Pot Luck soon to welcome more new residents. Many thanks to Judy and Debbie for facilitating it, and everyone who participated.

Neil



Seniors Information Session

A free Seniors Information Session put on at the Wellesley Community Centre on Monday, March 30 was sponsored by the local MPP, George Smitherman, and Bob Rae, MP. A representative from Service Canada gave a presentation about federal government retirement plans.

There are three components of Canada’s retirement income system:

1. Private savings, or employer pensions;
2. Canada Pension Plan and Quebec Pension Plan;
3. and Old Age Security.

According to notes from the presentation, Old Age Security is based on age, legal status, and years of residence in Canada. There are 2 types of pension, Full and Partial, and the pension is taxable. To be eligible for OAS, you must be at least 65 years of age and a Canadian citizen or a “legal resident of Canada,” as defined by the government. Applicants must apply for the pension in writing.

After this, the Service Canada person discussed the Guaranteed Income Supplement, or GIS. This is for low income seniors, and is added to Old Age

Security. The GIS is based on one's income, and if the applicant has a common law partner or spouse, it is based on the combined income. The GIS is not taxable. You must be a recipient of Old Age Security and reside in Canada to receive the GIS, and you must apply in writing.

The Canada Pension Plan was then discussed. It has three components: CPP Retirement pension, Disability benefit, and Survivor benefits. Almost all employed persons over the age of 18 must pay into CPP or QPP (in Quebec). Those who apply for the Disability benefit must be suffering from a prolonged mental or physical disability.

There were many handouts at the symposium so that people could get more information on the various programs for seniors. People in the audience, which included several residents from St. Jude's, helped themselves to refreshments and waited to meet George Smitherman.

For more information on programs for seniors, you can call Service Canada at 1-800-622-6232, or visit www.servicecanada.gc.ca.

John Domegan.

A Visit to Friends and Advocates Centre



On April 9th, I visited the Friends and Advocates Centre, right across from the Dundas West subway station in The Crossway Mall. It was easy to find and I found it a calm, peaceful, quiet environment. It is not a large place, although it has many computers, comfortable sofas, a games area, a small kitchen and a quiet room. All were very clean and well equipped. The staff were very friendly and helpful, and offer support 24 hours a day. I will go back again to join in the cards and other games, and to meet new people.

The literature states that Friends and Advocates is a program run by and for its members to improve communication, problem solving, networking and social skills. It's also a place to develop lasting friendships in a mutually supportive environment. The program helps members become aware of their rights, and gives assistance in using community resources.

The program provides free and low cost recreational activities such as bowling, camping trips and outings to local points of interest. There are many scheduled programs too, including dances, bingo nights, movie screenings and a regular Sunday drop-in from 1:00-3:30 p.m. For anyone interested in card games, there is a cribbage night, euchre tournaments, poker and hearts.

Membership is open to people over the age of 16 who have been diagnosed with an emotional or mental health difficulty.

If you are interested in learning more about Friends and Advocates Centre, call 416-234-9245, or visit www.friendsandadvocates.org.

Sean G.