



# Hey Jude!

## Volume 16 Issue

9

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### In This Issue:

'Walk of Hope'  
My Story - Rohan  
Recreation Clubs  
Garage Sale at Milan  
One-Dish Meal  
Nutrition Claims  
Aging in Place  
Ice Cream on the Deck  
Birthday Stars  
Pool Tournament  
Hot Summer Fun



### Editorial - The Good Food Box Program

Spring is here and we now have the opportunity to enjoy the pleasant weather. Spring is also the season when many home gardeners plant their own crops of herbs and vegetables. It's a great way to enjoy summer and eat healthy, homegrown food at a low cost. But if you don't have your own garden, finding fresh, local produce at a good price is not so easy. One good thing to do is to shop at a farmer's market in the spring and summer. Another great idea that runs all year round is the Good Food Box program.

This month, residents of our downtown buildings will learn about the pioneering efforts of two residents at our Gerrard Street building. These resident volunteers established a Good Food Box program that delivers high quality vegetables and fruits at a reasonable cost each month. And it's delivered right to our door.

The Good Food Box is operated by the FoodShare organization. FoodShare buys top quality fresh fruit and

vegetables directly from farmers and from the Ontario Food Terminal, and volunteers pack it into green reusable boxes. Volunteer co-ordinators collect money for the boxes, then make sure that everyone gets their box after delivery. They deliver anywhere there are at least 8-10 people who want to buy a box.

The Good Food Box runs like a large buying club with centralized buying and co-ordination. Twice a month individuals place orders for boxes with volunteer co-ordinators in their neighborhood and receive a box brimming with fresh, tasty produce. Customers pay between \$12 and \$32 for their box, depending on the version that they choose.

(Continued on next page)

### **‘Walk of Hope’ A Huge Success**

On Sunday May 24<sup>th</sup>, residents and staff of St. Jude’s joined other organizations in the annual Walk of Hope for Schizophrenia Research, which began and ended at Nathan Phillips Square. The Walk of Hope was held simultaneously at 11 sites across Ontario by the Schizophrenia Society of Ontario (SSO).

The mission of the Society—which was founded 30 years ago—is to improve the quality of life for those who are affected by schizophrenia. The SSO provides support, counseling and information to families and individuals living with this illness in Ontario. The Premier and Mayor sent letters of congratulations for this significant contribution over the years.

St. Jude’s and Progress Place formed “Team Smitherman”. MPP George Smitherman also attended and supported the event. The Team was presented with a Certificate for their effort in recruiting the most team members for the 2009 Walk.

***St. Jude’s staff and residents raised over \$1,400 for the walk. Many thanks to our 62 sponsors and 13 walkers.***

Together, the “Team” raised approximately \$2,000. The event truly raised hope for people living with schizophrenia, and their families.

***“Together in Community We Succeed”***

### **(Editorial, continued)**

Each box contains the same mixture of food, though the contents change with each delivery, depending on the season. FoodShare truck drivers deliver the boxes to neighborhood drop-offs, where the local volunteer coordinators ensure that customers pick up their boxes.

Margaret and Wayne from Gerrard St. would like to share with you their positive experience as volunteers for the Good Food Box program. Residents on the meal program could still make use of one

of the options available for their lunches, snacks, or weekend meal preparation. Watch for the posters, and come and learn more about this great community activity that promotes healthy eating.

David Livingston-Lowe  
Manager, Independent Living Program

## My Story – Rohan



I was born in Sri Lanka on April 20<sup>th</sup> 1960. I lived in Sri Lanka with my family before coming to Canada. Most of my family still lives in Sri Lanka, which I still consider to be my “home” country.

When I was 19, my parents sent me to the United Kingdom. This was the first time I had ventured outside Sri Lanka. I got a job working at a U.K. car hire company, and I also took some accounting courses. When I became ill for the first time, I returned to my family in Sri Lanka with the hope of getting help and getting back on track in my life.

One of the most significant events in my life was coming to Canada. My parents came here first, and my mother sponsored me. Over the years, I have been fortunate enough to go back to Sri Lanka three times for a visit.

After I came to Canada, I did some bookkeeping work, and also assisted at Cawthra and Trinity Square Café. In addition, I took a computer course in 1993 and also took two catering courses at George Brown College. Recently, I began volunteering in the café at Progress Place. In the future, I would like to look for another job, preferably working in the kitchen of a hotel.

Mental illness has affected me in many ways over the years, but I have managed to cope with it. Among things that have helped me are taking my medications regularly, doing mediation—this helps to calm my thoughts—and my belief in God. I eat a balanced diet and do exercises, and I make sure I get a good night’s sleep. In addition, I have learned to budget my money, and I have been helped by a number of mental health workers.

Over the years at St. Jude’s, I have learned to make sure to visit my doctors on a regular basis, and follow their directions. My advice to everyone is not to worry about the future, but rather live day to day. I would also say to try and make healthy choices in your life, and always try to look your best. Build exercise into your life and maintain a balanced diet.

Before moving to St. Jude’s in 1995, I was living in boarding homes. Although at first I had trouble adjusting to life at St. Jude’s, I soon got used to it. For me, St. Jude’s is a very positive place. It’s like one big family in which people look out for one another, and get along well without resorting to arguing.

My hobbies and interests keep me busy. I like to write letters and correspond with people on the Internet, including family and friends back in Sri Lanka. Sometimes I go out for a coffee if I feel like getting out of the house. I also like to watch action movies.

My main strength is having a strong, steady mind and a warm and friendly personality. I keep my apartment clean on a regular basis and I have good personal hygiene. I also like to cook.

My last word of advice is to find a program or job you like, and participate in it. Don't isolate yourself, or you will get depressed. Instead, go out, have some fresh air, meet your friends, and have some fun. And one other thing: believe in yourself. You can do many things in your life if you only try.

## Recreation Clubs Offer Summer Adventure



Do you fancy the idea of leaving the city for a weekend, visiting the country and recharging your batteries this summer? Well, if so, please read on . . . Street to Trail (S2T) is a non-profit organization that helps people who have financial and other challenges to get out of the city, have fun and discover some adventure. Street to Trail organizes trips year-round, at various times and to various locations in the wilderness and rural land surrounding the GTA. Street to Trail organizes hikes and other outdoor excursions that help homeless and other marginalized people experience the beauty and wonder of nature.

S2T is a charity that was founded in 2001 as an innovative way to help disadvantaged people in Toronto regain hope and confidence. At Street to Trail, organizers believe that by getting people away from the city on a wilderness trip, participants can increase their self-confidence. In addition, trips can allow people to enjoy a positive group experience, provide support for overcoming addictions, make friends, and rediscover feelings of peace and hope.

Typically, S2T schedules trips every second weekend, with half of them being a day hike and the other half being multi-day trips to the wilderness for either canoeing or hiking. Occasionally, overnight bicycling trips through rural Ontario are held.

The charity's founder, Paul Mackle, writes about the benefits of Street to Trail trips on his blog. The trips promote teamwork, and also build individuals' self-reliance and life skills, he says. The trips "ultimately restore hope, (via) the healing power of nature," he says. Paul says that even if you are not in good physical shape, you can prepare for the trips in advance by doing some walking around your own neighbourhood.

More information about Street To Trail can be found at [www.street-to-trail.org](http://www.street-to-trail.org), or by calling Paul at 416-532-0983.

The Toronto Outdoor Club (TOC), at [www.torontooutdoorclub.com](http://www.torontooutdoorclub.com), also brings people together in a fun, friendly and inviting atmosphere. They strive to offer a variety of events, with some geared to beginners, some more challenging, and some in between. These activities are aimed at people with moderate physical fitness and ability. Among activities that members enjoy are hiking in and outside of the city, kayaking and canoeing, camping, and sports. Trips fill up quickly, so it's a good idea to sign up early.

So whatever program or activity you join, there are lots of opportunities to head outdoors this summer, and escape the heat and the street.

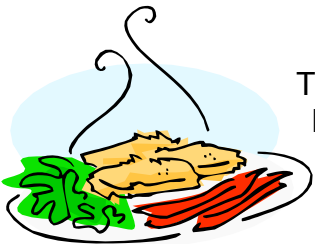
## Garage Sale at Milan a Success

A group of residents had fun selling some items at the parking lot of the Milan building on the Victoria Day weekend. Two staff people facilitated and 7 residents participated by selling things. Everyone involved sold something. The items included crafts, pot holders, Barbie dolls, clothes, CDs, dishes, mugs, a hand sanitizer, earrings, and makeup and eye shadow kits.

One of the residents sold 4 coffee mugs to her daughter. A Resource Worker sold a sweatshirt and a big plastic dinosaur. In addition, the woman who bought the sweat shirt came back to give us bottled water and photo albums. Another woman stopped her truck, got out and said that she saw the plastic dinosaur and absolutely had to buy it, as she thought it looked so cute. She then bought it and drove away. Another highlight was a visit from a former resident, who came by and gave us moral support as well as saying hello.

The event started ran from 11:30 a.m. to 3:00 p.m. It was a great success, as residents had fun, made a little money and got rid of some extra belongings.

## One-Dish Meal



The following meal, which contains beef, rice, peas and carrots, was prepared by Emma and 6 residents on May 10 at a Community Kitchen at Dundas.

Ingredients:

- 1 lb ground round beef – 16 ounces or 2 cups;
- 1 onion;
- 1 lb frozen peas and carrots – 16 ounces or 2 cups;
- 2 cups minute rice or any rice that cooks quickly;
- 2 ½ - 3 cups of water.

Directions:

1. Dice onion (I like large chunks, but you may prefer smaller ones).
2. In a medium-sized pot, brown ground beef, with onion. (Add a clove or two of garlic if desired.)
3. When the beef is done, add the peas and carrots, and 2 ½ cups of water. Let it reach a boil, and turn heat to medium.
4. After about 5 minutes, add the minute rice, and an additional ½ cup of water, if needed. Simmer for 5 minutes or so, until the rice and vegetables are tender.
5. Season with salt and pepper to taste just before serving.

Feel free to add other spices, even canned tomatoes. It's all up to your discretion.

Emma

## Nutrition Claims of Food Providers Discussed



We had an enjoyable Nutrition Group on May 24<sup>th</sup>. The discussion focused on nutrition claims that are made by providers of food and beverages. According to

information from the Health Canada web site that Judy distributed, nutritional claims help consumers to make informed food choices. There are rules in place, which are made by the federal government. The rules for nutrition claims apply to all foods, either pre-packaged or non-packaged. The manufacturer can include nutrition claims on the label or in advertisements for the product.

We then talked about examples of claims under six categories. These include the following: source of fibre; low fat; cholesterol-free; sodium-free; reduced in calories and, finally, whether a product is light.

“Source of fibre” means the food contains at least 2 grams of dietary fibre in the amount of food specified in the Nutrition Facts table. The second example, “low fat,” means that the food contains no more than 3 grams of fat in the amount of food specified in the Nutrition Table, according to the handout. The third claim, “cholesterol-free,” means that the product has a negligible amount (less than 2 mg) of cholesterol in the amount of food specified in the nutrition table. It also means that the food is low in saturated fat and trans-fat.

The fourth claim, “sodium-free,” means the amount of sodium is so small that it is considered nutritionally insignificant—less than 5 mg of sodium. The fifth claim, “reduced in calories,” means that the product has at least 25% less energy (calories) than the food to which it is being compared. And, finally, the sixth example was whether a food is “light” or not. The nutrition claim “light” is allowed only on foods that are either “reduced in fat” or “reduced in energy” (calories). It can also be used to describe “sensory characteristics” of a food, provided that the characteristic is clearly identified with the claim. An example would be “light tasting” or “light coloured.”

The list of ingredients on food labels is mandatory, and has been on food product packages and labels for many years, we learned during the discussion. All of the ingredients for a food are listed in descending order by weight. The ingredient present in the greatest amount in a product is listed first. The list of ingredients is also a source of information for people who want to avoid certain ingredients or to verify the presence of an ingredient in a food.

There was a lively discussion about issues raised in the handout. It made for an interesting dialogue. Many thanks to Judy for facilitating this discussion. Maybe you have a topic you would like us to talk about in a future Nutrition Group. Come and enjoy the fun of learning something new.

## Residents Prepare For ‘Aging in Place’



A lively Aging Group was held on Sunday May 10<sup>th</sup>. Ten residents from all three buildings attended. The topic was “aging in place,” or how St. Jude’s can assist residents who are entering their senior years to remain living here as long as possible. The discussion followed a research project Peter did on the same topic for a course he was taking in mental health rehabilitation. Aging in place was also a key theme of the latest Strategic Plan that the Board of Directors developed for the next 3 years.

In his research project, Peter came up with a number of *proposals* on aging in place at St. Jude’s, some of which were discussed at the May 10<sup>th</sup> Aging Group. These included:

- Staff training on some of the typical health issues of older people;
- Staff and residents learning about local agencies serving seniors, perhaps by visiting them and inviting guest speakers;

- Investigate alternatives to traditional TTC service, such as Wheel-Trans and Toronto Ride (run by community agencies), before the need arises;
- Develop activities to provide regular exercise for residents, and/or link them to community programs doing this;
- Hire a part-time personal support worker to help residents who need assistance with daily living activities;
- Initiate a system for responding to overnight emergencies 7 days a week, perhaps through an electronic pager service;
- Take steps to make the Dundas building fully accessible to residents with mobility issues.

Regarding the mobility issue, residents at the Aging Group discussed how to access services and do errands if and when they can no longer walk. One resident spoke about getting her prescriptions delivered, and we learned that a number of residents use this service. Someone asked how you could get groceries for the weekend if you cannot walk to the grocery store. One resident suggested having a friend go shopping for you. Meals on Wheels was also mentioned.

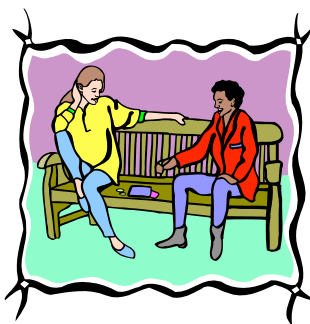
We then talked about the fact that some community nurses and case managers visit people in the home. Some residents are already using a personal support worker to assist them with cleaning and laundry. In some cases, these workers come from a referral by a Community Care Access Centre, we learned. One resident said that if transportation is a barrier, some psychiatrists will discuss issues over the phone.

We learned that within St. Jude's, one way to make it easier to meet the needs of older residents in future might be to have some of them live on the same floor at Dundas. Residents said they are fortunate to have an elevator at Dundas and Milan.

People should plan for their housing needs in advance, we learned. Nursing homes might be an alternative for older people who develop serious physical or cognitive problems. There are also supportive housing agencies that provide 24-hour care for seniors.

It was an interesting Aging Group, and we all learned something new. Maybe you have a topic regarding aging for a future Aging Group. Come and participate; you might learn something new.

### **Ice Cream and Conversation on the Dundas Deck**



We had ice cream and some discussion on Saturday June 6<sup>th</sup> on the 4<sup>th</sup> floor deck at Dundas. David and Debbie facilitated the event, and 8 residents attended.

One resident spoke about the closing of a local restaurant and how the former staff are doing. We learned that someone related to the restaurant had a stroke. This disease happens when there is a blood clot in the brain.

We then talked about theatre producer Garth Drabinsky's court case. The deliberations related to this case took ten years. One resident said his actions were not taken to enrich himself but to improve the calibre of his productions. Someone also mentioned the jail sentence that former hockey player Guy Lafleur received for trying to help his son.

We then talked about the status of the Canada Pension Plan. Some people asked if the CPP program can survive the economic crisis. We also talked about General Motors applying for bankruptcy protection in the U.S. Someone said that the Prime Minister of Canada had no choice in bailing out Chrysler and

GM. We learned that a large number of people might lose their jobs in Canada as a result of the auto companies' troubles.

We then talked about the challenges of crossing the Canada/U.S. border. Someone said that one in twelve people are randomly checked. A passport is now required for all Canadians crossing into the U.S.

We enjoyed the conversation and ice cream. Debbie and David were both good facilitators. Maybe you have another topic you think might be good for a discussion group. You will learn something new. Come and enjoy the fun!

## **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.

### **John Dom. – June 13**

1. *Participating in the Walk of Hope for Schizophrenia.*
2. *To manage my money better.*
3. *Honesty and compassion.*

### **Ronnie – June 17**

1. *Going home to the Philippines. I had fun with my friends. They took me out for an early birthday celebration.*
2. *I want to go to Halifax to visit my cousin, uncle and aunt as well as my nephew and niece.*
3. *I like to see people who are nice, very gentle, polite, very understanding and who are good to other people. I like people who don't discriminate against others, such as people with a disability.*

### **Catharine – June 19**

1. *Delwyn (my grand-niece) calling me up and saying she was 2 ½ years old.*
2. *That I live long enough so Delwyn will remember me for who I am, not just being told stories of me by other people.*
3. *Love, joy, peace, kindness, meekness and the rest of fruits of the spirit.*

### **Franklin – June 25**

1. *Just being at St. Jude's and spending time on my computer making online friends.*
2. *To write a Christian novel where Jesus is the central person in that novel.*



3. *Love, faith in God and [my] fellow people.*

### **Al – June 28**

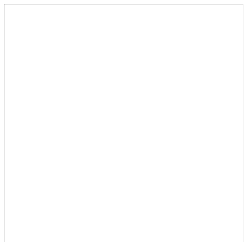
1. *Developing greater self confidence; also spending time with my relatives in Grey County.*
2. *To get my pre-diabetes under control, lose weight and become more physically active.*
3. *Politeness and empathy.*

### **Bill S. – June 13**

1. *Spending Christmas with my niece, brother and sister-in-law, and sister.*
2. *To get in shape.*
3. *Honesty and friendliness.*

(Also celebrating birthdays this month are Beverley and Orest.)

## **Pool Tournament Small But Lively**



We had a small but lively pool tournament on Sunday, May 31<sup>st</sup>. Bev, Orest, Neil, Mark and Luis played. (Luis took himself out of contention). Everyone played well, and there were some difficult shots made. In the end, Orest finished first, Mark was second and Bev finished third. Mark and Orest played in the final game.

It was a good tournament, and we all had fun. Maybe you can start practicing now for next year's pool tournament, or just to have fun.

## **Hot Summer Events and Activities**



This is the time to get out and enjoy the warmer weather and take advantage of everything going on in Toronto over the summer. The following events—most of them local and free—were compiled from Now Magazine's Hot Summer Guide and Do It!, a guide published recently by The Toronto Star. For more information you can visit [www.nowtoronto.com/guides/hotsummer/2009](http://www.nowtoronto.com/guides/hotsummer/2009) and [www.thestar.com/doiit](http://www.thestar.com/doiit). Enjoy!

- **Cooking Fire Theatre Festival.** Pay what you can (\$10 suggested). Dufferin Grove Park, Dufferin south of Bloor; 416-655-4841, [cookingfire.ca](http://cookingfire.ca); June 17 to 21.
- **Dragon Boat Race Festival,** at Centre Island; [torontodragonboat.com](http://torontodragonboat.com); June 20 and 21.
- **Eco-Savvy Festival.** Speakers, live entertainment, organic food, green products and services; free. Mel Lastman Square, [enlightenedevents.ca](http://enlightenedevents.ca); June 19 and 20.
- **Festival of Ideas and Creation.** Canadian Stage Company celebration of the performing arts and behind-the-scenes look at live theatre; most events free. Berkeley Street Theatre, 26 Berkeley,

canstage.com; runs until June 28.

- Parkdale Film and Video Festival. Films, videos, installations and media by artists who live and or work in Parkdale; June 26 to 28.
- Sound Travels. Festival of sound art with indoor and outdoor performances, installations, sound walks, talks and workshops; 416-652-5115, naisa.ca; runs until Oct 1.
- Toronto African Film and Music Festival. Free with Ontario Place admission; torontoafricanfilmmusicfest.com, June 19 to 21.
- Toronto Jazz Festival. Various venues and prices, some free events; tojazz.com, June 26 to July 5.
- Worldwide Short Film Festival. Varsity, Cumberland, Bloor, and Royal theatres; worldwideshortfilmfest.com. June 16 to June 21.
- Canada Day Celebrations at Harbourfront Centre, Queen's Park, Mel Lastman Square, Downsview Park and other sites; July 1.
- CHIN International Picnic at Exhibition Place, 1-888-944-2446, chinradio.com/chinpicnic, July 1, 4 and 5.
- The Hot Spot festival explores culturally innovative trends from around the world, at Harbourfront Centre; 416-973-4000, harbourfrontcentre.com; July 3-5.
- Toronto Outdoor Art Exhibition. Nathan Phillips Square, torontooutdoorart.org; July 10 – 12.
- Beats, Breaks and Culture at Harbourfront, July 10 – 12.
- Beaches International Jazz Festival; beachesjazz.com; July 17 – 19.
- Masala! Mehndi! Masti! festival. South Asian music and arts festival, at the Bandshell, CNE; masalamehndimasti.com; July 24 – 26.
- Canadian Voices festival, with folk, hip-hop and rock musicians, at Harbourfront, July 24 – 26.
- Green Toronto Street Festival at Yonge-Dundas Square, ydsquare.ca; July 25 and 26.
- Mamaya, a traditional Guinean festival at the Distillery District; mamayatoronto.com, August 8.
- Canadian National Exhibition (CNE), 416-393-6300, theex.com; Aug. 21 to Sept. 7.
- Fan Expo Canada. Comics, horror, sci-fi, and gaming; Metro Toronto Convention Centre; fanexpocanada.com; Aug. 28-30.

We'll see you out there this summer!