



Hey Jude!

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EDITORIAL

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HOPE, is not merely a dream but a way of making dreams a reality. How many of us have “Hoped” for a safe, clean place to live, good health and lasting friendships. **HOPE** may be individual or collective. It was collective **HOPE** that inspired Founding Board members to develop St. Jude Community Homes.

Schizophrenia affects 1 in 100 people. The Schizophrenia Society of Ontario has been **HOPING** for 30 years that one day a cure would be found and, that through public education, awareness will be increased and stigma decreased. The weekend of May 23rd, walks will take place across the province in many different cities. The public nature of the “**WALK OF HOPE**” on May 24th is a chance to showcase an important message in front of all Canadians. Participation in this event, either by walking or making a donation provides families and individuals living with this illness a **reason to HOPE and COPE**.

We must never let go of **HOPE**. One day we will see it has all finally come together. What was wished for has finally come to be. We will look back and reflect on what has passed and ask “How did I/we get through it all!?”

I have witnessed incredible promise related to schizophrenia treatment and research over the years. Residents living at St. Judes have benefited from these gains. I will be at the walk on the 24th holding our St. Jude banner high – **WILL YOU BE THERE?**

Help provide a reason to hope and the means to cope by participating in the walk or purchase a walking foot for a twoonie

Angela



Cooking Classes a Hit at Gerrard



A Nutrition Group and Cooking Class are among the most popular events at the Gerrard building these days.

Generally, the Nutrition Group and Cooking Class take place on the weekend, and there is a great turnout by the residents of Gerrard. According to Kevin, the Program Resource Worker there, up to 80% of the residents at Gerrard show up for cooking events. Participants plan each meal (often using a recipe), and then go en masse to a grocery store on the Danforth to buy the ingredients. Then the group cooks in the Gerrard common kitchen and enjoys the fruits of its labour. In previous Cooking Classes, the group has had two pot luck dinners, and has prepared home-made macaroni and cheese, shepherd's pie, and baked salmon. The Nutrition Group and pot luck suppers encourage healthy eating habits, and include lots of fruits and vegetables, protein and low-fat carbohydrates.

In addition, residents are enjoying movie nights, especially the popular monthly Science Fiction Night, organized by David Livingston-Lowe, Manager of the Independent Living Program. The Science Fiction Night typically has one blockbuster science fiction movie, preceded by a 30-minute short film or TV program, on a similar theme. There is always good discussion at the end of the event. Kevin also plans to continue our "Stargate SG1 marathon," in which one of the residents of Gerrard shows the various seasons of this popular TV science fiction show on DVD.

In addition, Gerrard residents enjoy going for walks around the neighbourhood. Kevin is assisting residents who wish to become members of a local gym, located near Main Street and Danforth Avenue. There is also a monthly Budgeting Group that helps residents make wise choices in spending their money. The Wii video console is also popular, and residents enjoy playing bowling and other keep-fit applications.

Looking towards the future, Kevin plans to invite a representative from a local health centre to speak at Gerrard. In addition, David is encouraging residents to participate in the Walk of Hope, which will take place on Sunday May 24th. Residents who donate to the event (in support of the Schizophrenia Society of Ontario) will have their names posted on the notice board.

In future, there are plans for a Wii tournament, board game tournaments, and bingo nights in which residents can win useful prizes such as shampoo, soap, note pads, pens and other items. The common area at Gerrard is also used daily for coffee and conversation each morning.

Watch this space for more information on programs and activities to come from the Gerrard site of St. Jude's.

Best Wishes to Jane on Her Departure



(Jane I. of Dundas left St. Jude's in early May, after living here for 6 years. Recently, Jane was kind enough to do an interview with Hey Jude! on her experience here).

What were the highlights of your time at St. Jude's?

Christmas Karaoke Nights at St. Jude's, and eating on the roof garden at Dundas. In the summer, it was really convenient to go up to the roof garden when it was hot outside.

What are your best memories here?

Bowling, going for walks through Allan Gardens, and John D.'s Music Video nights.

Tell us about activities you facilitated at St. Jude's.

I enjoyed facilitating my own movie nights (at Dundas), in which I prepared some nice treats such as lemon squares. I also led a few walks in the community.

What do you feel you contributed to the community here at St. Jude's?

I tried to have a positive attitude, and appreciate all the good things we have here. It was important to have good relationships with the office, to stay positive, and realize that any suggestions staff made were done so to help me stay on track.

What did you learn from your experience at St. Jude's—for example, about yourself and about the other residents?

I found a core of resiliency in myself, and also inner peace. I also learned not to worry about the small things in life, and to take each thing as it comes. In other words, don't sweat the small stuff. For example, if I couldn't afford to buy something, I realized I would get it eventually if I was patient. I also learned that everyone has his or her own way of thinking. It's not that they're right and I'm wrong, but rather that sometimes I'm right and sometimes they're right.

What advice you would give to the residents of St. Jude's?

Appreciate all the things we have here, including low rent, good meals, inexpensive laundry, and all the things that the Resource Workers and the office do for us.

If you could change anything at St. Jude's, what would it be?

I would like to see residents play 'musical chairs' at dinner—by sitting at different places instead of the same place each night (as many people do). Residents should mix more at dinner, so they can get to know one another.

What are your plans are for the future?

In the short term, I'm moving into an apartment with my daughter and grand-daughter. I will look after my grand-daughter, who is only 7 months old, so her mother can return to work. In the long term, I would like to buy a condominium.



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.

Alexandra O. – May 5

1. *Going to visit my brother in Barbados. I enjoyed the beautiful sunsets.*
2. *I like to be able to get up in the mornings and not sleep until noon. I'm trying to change some of my medications, so it might help.*
3. *I like to see honesty and compassion.*

Steve H. – May 7

1. *Downloading articles for Ruth from the Internet.*
2. *To lose weight.*
3. *Compassion, empathy and tenacity.*

Vince R. – May 10

1. *When I became a great uncle again.*
2. *To go to Progress Place more often.*
3. *Kindness.*

Irene S. – May 21

1. *Getting settled into my new apartment.*
2. *To feel happy again.*
3. *A sense of humour. Being sincere.*

Susan P. – May 28

1. *Being invited to my younger cousin's wedding in June.*
2. *To be healthy.*
3. *I like people who are understanding.*

One in 7 Have Disability

According to Metro News, one in seven Canadians is living with a disability. This is from a report released recently. The statistic is part of an overall increase observers say is likely linked to greater awareness and reduced stigma, surrounding self-identifying and reporting disabilities. The Statistics Canada survey indicated that 4.4 million Canadians reported having a disability in 2006, up from 3.1 million in 2001. In 2006, 14.3 per cent of the population reported having a disability, compared to 12.4 per cent five years earlier. The report was based on information gathered from the Participation and Activity Limitation Survey, the first in a series of staged releases in the coming months examining Canadians living with disabilities. The figures account for individuals living outside institutions in private households or some form of collective dwelling.

Join the *Walk of Hope* and help improve the lives of people affected by schizophrenia

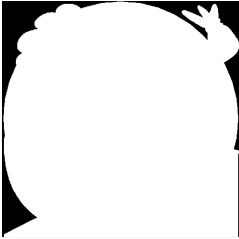
On Sunday May 24 at 11:30 a.m., Nathan Phillips Square, a *short* walk will be held to raise funds for the Schizophrenia Society of Ontario and its valuable programs. Refreshments and entertainment will be provided.

Residents can support the *Walk of Hope* by:

1. Signing up for the walk, and participating in the event on May 24. Sign-up sheets are on the bulletin boards at each building. Residents and staff will join 'Team Smitherman' for the walk.
2. Contribute \$2 to the walk, and have your name appear on one of the feet posted at each bulletin board.
Purchase a Walking Foot for a Toonie!



Introducing the Registered Disability Savings Plan



A new savings plan allows families to prepare for the long-term financial security of a member who has a disability. Like the RRSP for retirement savings and the RESP for education savings, the Registered Disability Savings Plan allows funds to be invested tax-free, until the time they are withdrawn.

The RDSP, as it's known, is available to anyone who is eligible for the federal Disability Tax Credit. There is a \$200,000 lifetime contribution limit for each plan, and contributions can be made by the individual with the disability, family member and/or friends. There are no restrictions on when or for what purpose the funds are used. Contributions are allowed until the end of the year that the individual turns 59.

There are three types of RDSPs. In addition to the Plan itself, there is the Canada Disability Savings Grant. In this case, the federal government *may* supplement contributions that are made to an RDSP, up to an annual maximum of \$3,500. Grants may be received up to a lifetime maximum of \$70,000, or until the year the individual turns 50. The amount of the Grant depends on the net income of the beneficiary's family.

Finally, there is the Canada Disability Savings Bond. In this case, the Government of Canada may provide a bond of up to \$1,000 per year towards the individual's RDSP, depending on the net income of the beneficiary's family. (The family does not need to make any contribution). The Bond can be received for up to \$20,000 or until the year the person turns 50.

You can find information about the Registered Disability Savings Plan, Grant, and Bond at the Canada Revenue Agency website, at <http://www.cra-arc.gc.ca/gncy/bdgt/2007/rdsp-eng.html>. You can also call 1-800-622-6232.

Toronto Walking Tours Explore Neighbourhoods, Parks

Several organizations offer free guided walks that allow citizens to learn about the history and architecture of neighbourhoods throughout the city.



The Heritage Toronto Walks program provides weekend walking tours up until early October. The walks are free of charge, and no reservations are required. A walk may focus on architectural, historical, archaeological or natural heritage (or a combination of these), depending on the area and the theme of the walk. It is recommended that you wear comfortable shoes, bring a water bottle and dress for the weather. Some of the walks may cover difficult terrain, so

it's wise to check the walk description. Events are held rain or shine, but are cancelled if there is severe weather.

Among events listed on the Heritage Toronto web site is a May 30 walk at 10 a.m. to explore Hanlan's Point on the Toronto Islands, and a lighthouse. Among other highlights is a walk called The Howards of High Park, on June 6 at 1:30 p.m.; Campus and Cosmos: Astronomy in Toronto, on June 21 at 1:30 p.m.; and Winchester Street and the Necropolis, on June 27 at 1:30. (This is close to the Dundas and Milan buildings of St. Jude's). To learn more about the Heritage Toronto Walks, call the Information Line at 416-338-3886, or on the internet go to www.heritagetoronto.org.

The Royal Ontario Museum features its annual "ROMwalks," which are also free and require no reservation. This year, 40 walks in 12 neighbourhoods are being offered. All you need to do is go to the designated meeting spot just before the starting time, and look for a blue umbrella. To find out about the walks, you can call 416-586-8097, or go to www.rom.on.ca. (For transit information, call the TTC at 416-393-4636). Among the walks offered are ROM and its Neighbors on June 10 at 6 p.m.; Mt. Pleasant Cemetery-Part 1, on June 21 at 2 p.m.; Hidden Treasures on July 29 at 6 p.m.; and Sacred Stones & Steeples, on August 19 at 6 p.m.

The Lost River Walks is a project of The Toronto Green Community and The Toronto Field Naturalists. The objective of the Lost River Walks is to encourage understanding of the city as a part of nature rather than apart from it, and to appreciate and cherish the city's natural heritage. The walks are intended to create an appreciation of the city's "intimate connection to its water systems" by tracing the courses of streams that once existed.

Among highlights of the Lost River Walks in the next few months is a walk and workshop that will celebrate "Rivers to Oceans Week." The event on June 7 at 1 p.m. begins in the Portlands district in East Toronto, and ends near the Distillery District. Also, on Tuesday May 26 at 1: 30 p.m., there is an event called Turtle Viewing Sites-Eglinton Flats Ponds and Wetlands. The walk begins at Eglinton Ave. W. and Jane St. For more information on these and other events, go to www.lostrivers.ca, or call 416-781-7663.

Among other groups that hold walks in and around Toronto are the Toronto Field Naturalists, at www.torontofieldnaturalists.org (416-593-2656), and the Toronto Bruce Trail Club (look under urban hikes). Their web site is www.torontobrucetrailclub.org, and they can be reached by phone at 416-763-9061.

Nutrition Group Looks at Weight, Food Labels



We had a fruitful discussion at the Nutrition Group on Sunday, April 5th. Nine residents attended. The topic for half the meeting was weight management, followed by nutrition labels. Regarding weight control, we talked about portion control, lifestyle changes and the need for regular exercise. Lifestyle changes mean choosing food and beverages with fewer calories, and eating a little less. One way to avoid eating too much at dinner is to have two glasses of water beforehand.

Dieticians recommend that people divide their dinner helpings the following way: meat on 25% of the plate, carbohydrates another 25%, and fruits and vegetables the remaining 50%. It was mentioned that it is believed that as people get older, they should eat less. This is because people are usually less active the older they get, and they need fewer calories. Also, their metabolism slows down. We then talked about the importance of having three meals a day. We talked about having a large breakfast and a small dinner, and the fact that breakfast is considered the most important meal of the day.

The second half of the Nutrition Group was about reading “Nutrition Facts” labels on packages and cans of food. Health Canada introduced a new system for providing nutrition information on food labels in 2003. The label includes information on calories and 13 nutrients. One can use the nutrition information to compare products more easily, follow special diets, and to increase or decrease your intake of a particular nutrient.

According to Health Canada, all the information on the Nutrition Facts table is based on a specific amount of food. The first thing you should do when you read the Nutrition Facts is to look at the specific amount of food listed, and compare it to how much you actually intend to eat. The “percent of daily value” allows one to see if a food has a little or a lot of each nutrient listed. This value is a “benchmark” for evaluating the nutrient content of foods quickly and easily. It is based on recommendations for a healthy diet.

The percent of daily value listed allows you to make food comparisons, says the Health Canada web site. It provides a quick overview of the nutrients in a particular food product. The consistent look among all foods makes the Nutrition Facts table easy to find and use.

We then talked about nutrition claims made by producers of food, and about how they help people make informed choices. Examples of nutrition claims are the following: Source of Fibre; Low Fat; Cholesterol-Free; Sodium-Free; Reduced in Calories, and Light.

It was an interesting discussion, and we all learned a lot. Maybe you have an issue that you would like to talk about, related to nutrition. Your input would be welcomed.

Current Events Articles Draw Plenty of Discussion



We had an interesting Current Events Group on Sunday, April 19th. Six residents attended, and we read from three articles. The first one was from the Toronto Star, dated April 19th, entitled *Closed due to the Recession*. The caption read: "From capital punishment to the legalization of drugs, could simply being cash-poor resolve our most divisive moral arguments?" It said that at least nine states in the U.S. are attempting to save millions of dollars by ending the death penalty. Senator Carolyn McGinn, a Republican from Kansas, is trying to abolish the death penalty because the whole legal process is too expensive. Due to the finality of the death penalty, endless appeals are allowed, so the costs of the typical murder trial in Kansas are \$1.2 million.

The Toronto Star article claimed that ethical matters such as the death penalty, decriminalization of drugs, and global warming have been pushed to the side as the economic crisis deepens. Simply being 'cash poor' could resolve these issues for us, the article said. Christopher Lind, of the University of Toronto's Centre for Ethics, was quoted as saying, "Ethics require deliberation, which requires time, and we don't have a lot of time right now." There was considerable discussion about this article, and it made us think.

The second article, from the Metro, was entitled *Watch what you Eat*. The article claimed that "food-borne illnesses" typically lead to symptoms such as nausea, vomiting, diarrhea and fever. The severity ranges from feeling sick for a few days to hospitalization. Health experts agree the vast majority of cases are never reported. John Filion, chair of Toronto's Board of Health, said in the article, "Everyone knows how important air quality and water quality are, but we don't think about the quality of food we put in our mouths."

The third article came from a recent Toronto Star article, entitled *If bin lids don't close, city will no longer collect*. There is a campaign in Scarborough to get residents to put all of their recycling items into the new blue bin, and to get a bigger bin if they need one. The article said some bins are stuffed to overflowing, so the lid can't close, and they are apparently being left uncollected. Dave P, who facilitated today's group, said that garbage makes up one-third to one-half of the typical recycling bin. It was an interesting article, as were the first two. They generated a lot of interest, and we all learned something new. As always, Dave did a good job of facilitating the group. Maybe you have an article which you would like us to discuss. Come and enjoy the fun!