

We offer housing, supportive counseling and assistance to adults recovering from mental health issues which effect their ability to maintain activities of daily living, employment, housing, self-care and/or meaningful relationships with family and friends.

The Regenesiis

Building *Communities*
Healthy Communities

respect

diversity

advocacy

Regeneration

Housing and Support Services

Regeneration House Announces Our 2010 Concert

MARK THIS DATE!!

“A Celebration of Swing”

May 14, 2010 at 7:30pm
Trinity St. Pauls’s Church
Bloor and Spadina

At this year’s concert we are proud to present Bob De Angelis one Canada’s pre-eminent bandleaders and instrumentalists. A master of the clarinet, saxophone and other woodwinds, Bob’s varied career includes appearances at numerous Jazz Festivals such as Montreux, Toronto and Ottawa. In 2008 Bob performed at Carnegie Hall for the 70th Anniversary of Benny Goodman’s historical 1938 concert to multiple curtain calls and spontaneous standing ovations. Bob will be joined by six of Toronto’s best jazz musicians in an exciting evening of jazz,

You can purchase tickets for this event using the form below. Tickets that are donated will be given a tax receipt and the ticket will allow members unable to afford tickets to enjoy the evening.

Thanks to our generous donors:

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complete your version of the OCAN.

One of our new Strategic Directions, perhaps the most important one, is to encourage greater member involvement in the programs and activities of Regeneration House. This means we need your input. Over the next few months we will have member forums to give you the opportunity to give us your input. If you want to help in this process please talk to your worker, or feel free to contact me at the office. Many of you commented on our proposed change of name to Regeneration Community Services. For the most part your response was positive to this change with some of you wanting to keep housing as an important part of our identity. In the creation of our new logo we will reflect this message. You will soon be hearing about our Logo Contest which will encourage you to have your say in the new image of Regen.

A number of you have been able to share in our Employment, Bursary and Rainy Day funds. These funds are available due to the fundraising activities of us all. I am sure your worker or the staff at your home has mentioned these to you and I encourage you to find out more about these valuable resources. We will have our Fourth Concert on Friday May 14th, 2010. Juno award winning jazz musician Bob DeAngelis will present a Celebration of Swing. We are already planning and working to make this the most successful yet.

Over the last few months 2 new housing sites have been added at Regen. In Partnership with Toronto Community Housing we have a beautiful 5 bedroom home in the east end near Coxwell and Gerrard. Once again we have joined with Tim Neeb, our landlord at Anderson Building, to provide 6 independent apartments in the Weston Road and Eglinton Area. We have also been chosen to develop 40 new units of Supportive Housing for people with addictions. This is a new area for us all at Regen and we have partnered with Breakaway Addiction Services to move forward with this.

Three long serving and dedicated Board Members have served their full six year terms and have left the Board this year. Nada Jorna, who still helps out on the Fundraising Committee, Olga Fischer, who continues to advise us financially and Mary Anne Quance, our past President, have left the Board but not Regen.

Executive Director’s Greeting

Hello All,

It has been much too long since I’ve written to you in our newsletter. Because of that there is no end of new things to talk about. Many of you were involved last spring in the process of developing our new strategic directions and mission statement. Thank you for your input. It was instrumental in making Regeneration Housing and Support Services an organization that reflects the needs of its members.

To that point you will soon be meeting with your worker to “do an OCAN”. This is not a new Irish Canadian dance but rather an opportunity for you to discuss the areas that you feel you have needs to meet. A chance to set some goals that will move you along on your road to recovery. You will read in this newsletter about Sandra Muir who has developed our new Peer Support Worker role here at Regen. Some of you have already joined in one of her activities and she is also available to help you



Noel Simpson

Noel with outgoing Board President Mary-Anne Quance



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I wish to purchase and Donate ____ Tickets at \$25 each.

I have enclosed my cheque for _____ payable to: Regeneration House

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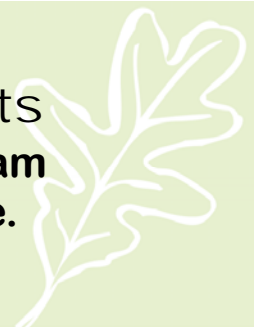
Signature: _____

Charitable Number: 119113629 RR0001 Donated tickets will receive an official tax receipt

Peer Support Program and a Client Reflects

Sandra reports on OCAN and the Peer Support Program

After many years a Regen Member reflects on his life.



Peer Support Program

I started in the Peer Support Program in December of 2008. I currently meet with individuals' one on one and in a Peer Support Group as facilitator. Some of the things that I have done together with individual members are attend movies, go to the High Park Zoo, attend an educational workshop, went out together for lunch/dinner, shopped for bargains, introduced certain members to a Peer run center in the community which provides free social and recreational opportunities as well as other beneficial services, and finally it has often been just to meet for coffee and chat.



The Peer Support Group has been meeting once a month since June of this year. In the Peer Support Group we have met for lunch and had some great discussions. The members decide on what topics they would like to cover and we've met to discuss topics such as "Providing Peer Support" and "Managing Stress." The group members are invited to share in the discussion if they wish and I do some research on the topic chosen and contribute what information I discover.

In September we got together and went out for dinner, courtesy of Regen, and then to the AGO -taking in a very interesting guided tour. Members have decided on some great future topics for discussion as well as plans for some interesting outings that we can all enjoy together.

Two of the members who are participating in the Peer Support Program had the following things to say about the program:

I found the camaraderie of the group very nice and I especially enjoyed the group trip to the Grange for dinner and then the trip to the Art Gallery. Jennifer

Sandra's support is wonderful she's really cheerful and upbeat and great to talk things through with. I'm very lucky to have her support along with Jessicas' and that of Jonathan and Jillian. Sandra also passed on some great information on education and finding support. Shelly

I greatly appreciate all that I'm learning from the members and the times they have shared with me.

Sandra Muir
Peer Support Worker

Reflections from a Regen Member

As I sit here thinking, my present wife of twenty-two years, playing solitaire... an ancient cat and dog, asleep, in view ,in our Old Home of over one hundred years... all this is somehow very comforting ! We are in a new phase of life ...my three and her two and our one Adult CHILDREN are all raised and on the ROAD.

In spite of my Bi-Polar Problems and three stents and a newer NEW PACEMAKER... and my fight with CANCER, several interesting strokes, AND my wife's Thyroid, Type ii Diabetes

and reoccurring Shingles... we have had a Fulfilling and EXCITING life here in the North. Between raising our last child, Allison, a budding singer-songwriter come painter, and vegetable gardening or escaping to a twenty acre GET-AWAY and painting once more....MOSS WILL NEVER GROW BETWEEN OUR TOES !



Regen Client Activities:

Blue Jay Baseball Games, Pumpkin Picking, Movie Outings, Trip to the ROM, Sound of Music Theatre Outing, The CNE.. Parties (Halloween, Christmas, New Years)

Upcoming Boundless Adventure Trip in March 2010!!





Regen's Receptionists Speak, A Student Shares his Regen Experience



Our wonderful Receptionists, RHSS Administration Staff and JVS Employment Support Worker
Left to Right Top: Foluke (RHSS), Dorie-May, Sandy, France, Lynn, Jennifer,
Bottom: Anne Marie, Caroline (RHSS), Debra, Michelle (JVS) Absent: Sandra & Mirela

A comment from our Receptionists

“Good Morning, Regeneration Housing and Support Services, How may I help you?” Those are usually the first words people hear when calling into Regeneration House.

My name is Dorie-May and I am one of the eight, formerly nine receptionists that work at the main office. The others are Jennifer D., Lynn T, Sandy-Sue P., Anne Marie, France G., Debra A, and Mirela Z.. Sandra M. moved on to work at the new Peer Support position at Regeneration House, congratulations Sandra!

A typical day begins at 9 o'clock and ends at 5 pm. We get a lunch break of an hour between 1pm and 2pm.

Every year we have a social gathering. This year we celebrated Staff Appreciation Day. Mingling at the party was a lot of fun. We enjoyed eating Thai food. We ate Pad Thai, vegetarian eggrolls and Green Thai Mango Salad.

As well, this year we are being trained by a teacher from JVS Toronto to learn the software program Microsoft Word 2007. Now we can create memos, letters, documents, cards, calendars and flyers – so if any clients wishes us to create these formats for them we would be happy to do so. We can also do some basic accounting work.

I asked receptionists what they like most about the job. Generally, everyone agreed they like the people. They like meeting the clients and interacting with the staff. They enjoy coming in and just talking to the staff and clients.

Some simply like the calmness of just washing the dishes. We all agree that the money we earn helps to purchase the groceries.

We all agree that interacting with people causes us to grow. We are learning and the communication helps us better in our own personal lives.

Regeneration House has been very good to us and has helped us feel better about ourselves. It has been a very good place to work and has offered us all positive experiences. We feel good at doing something and it raises our self-esteem. We enjoy keeping busy.

[Ed:]If you are a client and wish more information on how to join the Reception staff please speak to Foluke or Caroline at Head Office.

A Student's perspective of RHSS

The staff members at Regeneration Housing and Support Services share a belief that all persons have fundamental rights and deserve to be treated with dignity and respect. The agency values diversity regardless of any individual's social location. They work hard to remove systemic and individual barriers and to empower persons recovering from mental health issues.

The general culture of the agency is made up of a group of people who are down to earth, hard working, respectful, professional, caring and intelligent. One can see that each person works very hard at his/her task but will get up and move around the office to debrief on issues or simply unwind. The vibe in the office or residences is friendly and professional. No person is controlling but respects each person for the strengths and experiences that he/she brings to the agency and team. Any person can see from walking into RHSS that the agency is welcoming to all persons. The agency has a kind, relaxed, understanding and professional atmosphere.

RHSS's strength lies in their commitment to respecting, developing, and promoting housing and social services that empower persons recovering from a mental health issue while advocating for the removal of individual and systemic barriers. The agency's greatest strength comes from its members who seek services at RHSS. These individuals are succeeding in their recovery and contradict the false beliefs that some persons in society hold against persons with mental health issues. They work along with staff to reach their individual goals. Many volunteer, work and contribute to their community.

The other great strength at RHSS is the staff. The staff at RHSS are genuine, professional, intelligent persons who work hard and believe in dignity, respect and integrity. Another great strength comes from the agency's partnerships. These partnerships provide clients with opportunities to receive a dynamic service or support. The advantage of this small agency is that it can provide more attention to an individual and provide more personalized and customized support.

The only addition that I can suggest is to expand the housing and support services beyond the Parkdale, High Park and Keele-dale areas. I believe so highly in this agency that its housing and services should be available to individuals outside the Metro Toronto area. I would not modify or delete any support services available at RHSS. You might say I am biased because I chose to call up this agency but it's because I believe in them and their work. . . For all the reasons I've talked about RHSS should continue to grow and succeed.

Joseph Faruggio Jr.

Some of Regen's Committees report on their events and year
Diversity Committee had a wonderful Cultural Splash
CAMH Program welcomes a new staff member
Best Practises reports on it mission

Anderson House and King Street Reports
Anderson builds bridges into the community
King Street welcomes two students

Diversity Committee Report

The Diversity Committee has been meeting regularly throughout the year planning, organizing and implementing information and education forums to promote respect equity and inclusiveness at RHSS.

On June 1, 2009 the Diversity Committee organized our 8th annual Cultural Splash. Members and staff prepared and shared delectable foods from around the globe and celebrated the rich cultural and ethnic diversity we have here in the Regeneration Community and the greater Toronto community. Thanks to the Parkdale Drummers who made this an extra special events with their rhythmic music and enthusiasm. The months of November and December brings a multitude of cultural celebrations and the Diversity Committee would like to acknowledge these holidays and observances:

- Nov. 26 – Thanksgiving (U.S.A.)
- Nov. 27 – Eid al Adha Begins at Sundown
- Dec. 11 – Hanukkah begins at Sundown
- Dec. 17 – Islamic New Year Begins at Sundown
- Dec. 25 – Christmas
- Dec. 26 – Kwanza & Boxing Day

A special thank you to all the members of the Diversity Committee, who have worked so hard this year – Margo Pasley, Patricia Koine, Diane Frizado-Lino, Linda Heikkila, Foluke Oladiran and Maureen Walsh.

May you all have a wonderful holiday season with joy and happiness in the New Year!

Janette Krajci
Co-Chair



Smiling Faces and great food at the Cultural Splash

CAMH Partnership

The CAMH partnership program has experienced many changes over the last year. The transformation process at CAMH has definitely impacted on our program. The staff relocated to a new site on Richmond St. near the hospital. Everyone is settled in to the new space and our members have made the adjustment to the new space. The number of CAMH staff in the program has reduced and we are in the process of assessing the impact of this change on the program.

The most significant internal change was David Scullions' transfer to our King Street site. David's contribution to the team was appreciated by all the members of the team. We miss David and are delighted that we can still see him at the King Street site to enjoy his very dry sense of humour.

Although we miss Dave we are very pleased to welcome Funke Banjoko our newest member to the team. Funke relocated from Chicago where she had worked in case managers for five years. Prior to joining the team she volunteered at King St. and very quickly developed positive relationships with the staff and members. Her positive attitude and warmth has made for a smooth transition to the CAMH team and the agency as a whole. Welcome Funke!!!!!!!

I wish the staff and members of the program a very happy holiday season and a prosperous new year.

Sincerely,

Maureen Walsh
Program Manager

Best Practices Committee

The Best Practices Committee has been in existence at RHSS since 2007. It is an opportunity for staff to engage in professional development through an informal process of meeting every couple of months and reviewing cutting edge research and evidence based practice to best serve our clients. Topics vary widely and are driven by staff experiences and problem sets. Past topics have included, the Recovery Model, concurrent disorders, suicide prevention, ethics and boundaries, ECT, Cognitive Behaviour Therapy (CBT), and Dialectical Behaviour Therapy (DBT). Several of these topic areas have guided further training needs developed at an agency level.

Articles are generally sent out via email prior to meeting dates and are also available in hard copy at the head office on the bulletin board labeled "Best Practice". Any and all suggestions for new topics are welcome. All staff are encouraged to join the committee and we are excited by the prospects of challenging ourselves to constantly improve and refine our service delivery.

Janette Krajci

The Anderson Report

Anderson site has had some good changes happen as of late. The neighbourhood has responded very well to extra police officers on the TAVIS police force (Toronto Anti Violence Intervention Strategy). Crime in the neighbourhood has seen a dramatic drop and neighbours and community partners are seeing a big difference and feeling safer about their community. We are also continuing to grow vegetables on our rooftop garden and using them in our kitchen program. Public school students are growing flowers for our rooftop garden and we now have a memorial area in our garden to those friends that have passed away; this is all thanks to our staff and residents for coming up with this wonderful idea.

We have requested a bench for the front area of our building and with the help of a City of Toronto contact on our local Business Improvement Area Committee this will be installed at no cost so that our members can enjoy their surroundings and have better contact with the community. Some of our members have gained employment with our local neighbours and businesses and this has added quality to their lives and better relationships with their respective community partners. We are also happy to say that volunteers have continued to help us bring joy and hard work to our program. We wish to thank all our volunteers for adding to our past, present and future successes. Michael Lippa



NEWSLETTER COMMITTEE

It is with great honor that I come on board Regensis Newsletter Committee.

When Dave Scullion was handing over the CAMH/ REGEN partnership position to me, he commented that given the short time that I just relocated from Chicago, to have found Regen first, as a volunteer and now as a full time staff, "Funke, you must have Someone looking after you Up There".

Yes, I do agree with him. My Canadian experience I will say boldly, so far, so good! Good People, Great Experience! The greatest challenge however, for Newsletter Committee is that, we can not write all the stories, else it loses its purpose, please be a part of Regensis: write, suggest, correct, comment..... all year round.

Together we continually strive for excellence.

Funke Banjoko – Chair Newsletter Committee

News from King:

The focus at King Street this autumn has been preparing for any potential flu outbreaks as well as planning for any possible power outages or serious winter storms. Better "safe than sorry"; but rather than surrendering to any pervasive feelings of apprehension, we at King Street donned costumes and celebrated life with a Halloween party. Please see our column devoted to news about this party!

A unique opportunity has been granted to King St. with the arrival of a University of Toronto Pastoral student. Michael Taylor's goal at our residence is to offer a space for our members where they can choose to engage in mind, body, and spirit wellness. Michael is dedicated to offering an inclusive work in spiritual care and support, irrespective of one's belief or spirituality. Michael is schooled in most of the present belief systems in the world; this creates a wonderful diversity to meet our different members own life journeys. Already our members are seeking him out for discussions!

In addition we welcome Robert Shepherd, a Community Worker student from George Brown College. Robert brings with him experience from working in the field as well as his ongoing education. He also brings dedicated warmth and is adept at establishing a caring environment, which our members are benefiting from. Welcome to the both of you!

As we approach a new year, it is a time to reflect on both the challenges and the triumphs that we at King St have experienced. I'd like to thank all staff as well as our members for bringing meaning and hope to each day. Namaste to all.

Linda Heikkila



Joseph and Grace enjoy time with Boo, a shatshu-maltese mix who comes to visit King Street and see his King Street Friends.