

# NEWSLETTER

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## May Birthdays

### Our Place Birthdays

Jose C. – May 2<sup>nd</sup>

Rosa M. – May 4<sup>th</sup>

Maryke O. – May 9<sup>th</sup>

Gail B. – May 12<sup>th</sup>

Tim H. – May 22<sup>nd</sup>

Kirk C. – May 24<sup>th</sup>

John S. – May 24<sup>th</sup>

Donna H. – May 25<sup>th</sup>

Christine F. – May 28<sup>th</sup>



## Famous Birthdays

Wes Anderson – May 1<sup>st</sup>

Dwayne Johnson – May 2<sup>nd</sup>

Billy Joel – May 9<sup>th</sup>

Stevie Wonder – May 13<sup>th</sup>

Cate Blanchett – May 14<sup>th</sup>

Janet Jackson – May 16<sup>th</sup>

Cher – May 20<sup>th</sup>

Bob Dylan – May 24<sup>th</sup>

Stevie Nicks – May 26<sup>th</sup>



\*If you want to celebrate your birthday with us, let us know!\*

## Special Events in May

**Friday, May 5<sup>th</sup>:** Join us in celebrating Cinco de Mayo! We will be enjoying a special meal on this day from 2:30pm-5:00pm.

**Tuesday, May 16<sup>th</sup>:** We will be having an outing to the Royal Ontario Museum and plan to leave Our Place at 3:30pm. Please sign up for the event, so we know how many folks will be joining us on our adventure. On this day, Drop-in will be from 12:00pm-3:00pm and To-go meals will be from 1:00pm-3:00pm. Here's to the first trip of the summer! 😊

**Monday, May 22<sup>nd</sup>:** Our Place will be closed for Victoria Day.

**Tuesday, May 30<sup>th</sup>:** This will be our first trip to the movies – with a special appearance at Cineplex! If you are interested in joining us, please sign up with a staff member and provide your \$2.00 deposit to secure a spot. *Tickets are limited, so it will be on a first-come-first-serve basis.* On this day, Drop-in will be from 12:00pm-3:00pm and meals will be from 1:00pm-3:00pm. If you have any questions, please give us a call at – (416) 598-2919.

## Our Place Weekly Programs

**Gaming Tournaments – Mondays at 1:30 pm (*in-person*)**

Come and join us as we play fun games every week! Games include: Trivia, Name that Tune, and.... CARD GAMES! Prizes will be available for tournaments.

**Movie Days – Mondays at 3:00pm and Fridays at 12:30pm (*in-person*)**

Enjoy a movie with us at the drop-in! Votes are casted and you can pick which movie we watch. On Mondays, you can enjoy a movie with your meal. 😊

**Bingo – Tuesdays at 1:00 pm and Thursdays at 3:30 pm (*in-person*)**

Enjoy a game with us as there are great prizes to be won! Thanks to our students, we will be hosting bingo twice a week. Join us during this fun time. 😊

**Karaoke – Wednesday at 1:00 pm (*in-person*)**

Yay! Karaoke is making a comeback, but with a few changes. The program will run on Wednesdays where you can have your moment to shine! Hope to see and hear you all then.

### **Peer Support Group – Wednesdays at 3:30 (in-person)**

Peer support meetings are a time to connect with others for support, encouragement, and hope. We will learn from each other's experiences in conversations. We'll talk about relaxation, managing emotions, self-compassion, and self-acceptance. We'll look at positive steps that you could try towards having a better life.

### **Art Groups – Thursday at 12:30pm (in-person)**

Art & Crafts is a time to explore your creative side and connect with others. We are introducing Paint Party sessions which will involve following tutorials and learning new paint methods. One Thursday per month, we will host a Crafty Café, which combines mental wellness arts and delicious snacks! *Spots will be limited for Crafty Café and snacks will only be provided to participants.*

### **Writing Group – Fridays at 1:30pm (virtual)**

Writing Group with Peter (a professional journalist!) is a time to connect with others, build friendships and get creative together. Everyone is welcome to join in and no experience is necessary!

Link to join Writing Group via Zoom: <https://us06web.zoom.us/j/93536287038>

Join by phone, dial: **647-374-4685**. When prompted, enter in the Meeting ID: **935 3628 7038**

## **Community Programs & Supports**

**Nicotine Replacement Therapy:** Are you thinking of quitting smoking? Talk to any of our staff members about how you can access support and free nicotine replacement therapy like lozenges and patches with no wait.

**Addiction Support Groups:** If you are on a journey with addictions and are seeking support from the community, feel free to contact any of these communal resources.

<i>Narcotics Anonymous</i> Toronto – call 1-888-811-3887	<i>KeepSIX Consumption and Treatment Services (CTS)– 955 Queen Street East) – 416-461-1925 ext 2264</i>	<i>Evangel Hall Mission – 552 Adelaide Street West – 416-504-8056</i>
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**Allan Gardens Food Bank** 353 Sherbourne Street: You can visit and collect food from the bank once a week either on Thursday or Friday from 12:30pm to 3:00pm. Everyone who is interested must register and complete the intake process if it is your first time visiting. Please remember to bring your own bag.

**Bloor West Food Bank** 2305 Bloor St. West at the St. Pius X Catholic Church: They provide Prepacked bags for those who have made an appointment to visit. To make an appointment, email at [appointments.foodbank@gmail.com](mailto:appointments.foodbank@gmail.com). The food bank is open every Friday from 12:30pm to 3:00pm.

**Feed it Forward Grocery Store** 2770 Dundas Street West, Unit A: They're open every day of the week; Monday to Sunday 11:00am to 6:00pm. The grocery store has items from vegetables, fruits, hot and ready to serve food, canned foods and cupboard items. The pay what you can system works with points (each \$0.50 cents is equivalent to 1 point). Different items cost different amount of points/dollars (ex. Bread \$1 or 2 points, Salad \$1 or 2 points, Peppers \$0.50 or 1 point). They accept cash payments happily. 😊

**Parkdale Activity-Recreation Centre (PARC)** 1499 Queen Street West: A drop-in space running daily to support those who do not have stable housing (in shelter, respite). Meal Programming runs from Monday – Thursday from 9:30am to 12:30pm, Fridays from 1:00pm to 4:00pm, Saturday and Sunday from 11:00am to 3:00pm.

**Evangel Hall Mission** 552 Adelaide Street West: Clothing bank and various drop-in services are available Monday – Friday from 10:30 am to 12:30 pm. If you are in need of a shower, need access to laundry facilities, they provide services on Tuesdays and Thursdays. Registration for these specific services start at 9 am.

**Davenport-Perth Neighbourhood Community Health Centre** 1900 Davenport Rd: Provides free harm reduction kits and other support. Contact (416) 656-8025 for more information. They offer short term, one-on-one crisis support and information on OW, ODSP, shelter and housing, and health-related supports. Contact their CSCI worker to book an appointment → Ingrid Moreno (416) 656-8025 ext. 401.

**Shelter Beds and Respite Centres:** If you need a place to stay you can access 24-hour respite sites and shelters by calling at (416) 338-4766 or toll-free at 1-877-338-3398.

**Gerstein Crisis Centre:** Provides 24/7 telephone support, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. They also have an in-person mobile crisis team. Call (416) 929-5200 to access support.

## Mother's Day

Mother's Day falls on Sunday, May 14<sup>th</sup> this year. Whether you are a mom, have a mom, or you know a mom, Mother's Day is a great time to show our appreciation for all the caring and hardworking moms and mother-figures out there! Here's some things you could do this May to celebrate Mother's Day.

- Visit the Toronto Flower Market at 1001 Queen St. West at CAMH from 10 AM – 3 PM on Saturday May 13<sup>th</sup>. This market is free to enter, and features a variety of plants and flowers all grown by vendors from around Ontario!
- Stop by the National Women's Show to sample food, beverages, watch the fashion show, enjoy a free makeover, and more! This event is free to enter and will be hosted at the Metro Toronto Convention Centre at 222 Bremner Blvd, May 6<sup>th</sup> – 8<sup>th</sup> from 10 AM to 5PM.
- Visit the Toronto Artisan Market in Trinity Bellwoods Park to shop unique finds, and more! The Market is free to enter and will be taking place May 14<sup>th</sup>, starting at 11 AM.
- Take mom on a trip the Allan Gardens Conservatory and explore their greenhouses and turtle pond! The conservatory is free to enter and is open 10AM to 5PM.



## Victoria Day

Victoria Day is May 22<sup>nd</sup>. Canada has observed Victoria Day since 1845 to honor Queen Victoria's birthday. The day has also come to informally signal the start of Canada's summer season! Kick off the summer and enjoy the fireworks show at Ashbridges Bay Park located at 1561 Lakeshore Blvd East on May 22<sup>nd</sup> at 10:00 PM. The show lasts for 14 minutes and features 2000 spectacular fireworks!



VICTORIA DAY

## Asian Heritage Month



May is Asian Heritage Month in Canada, and provides an opportunity to learn more about the contributions and resilience of Asian Canadians throughout Canadian history. Asian immigration to Canada dates back to 1788 when Chinese contract workers first arrived at Nootka Sound, Vancouver Island, to perform manual labor

for the British fur trade. Below are just a few examples of significant historical events:

- 17,000 Chinese men arrived to Canada between 1881 and 1884 to build the Canadian Pacific Railway. Chinese workers were selected for this job as they provided the country with a cheap source of labor, and could be paid less than their white counterparts. Due to social and systemic discrimination, the Chinese workers were tasked with the more dangerous duties involved with constructing the railway. Hundred died due to the harsh conditions they faced.
- Following Japan's entry into WWII in 1941, over 21,000 Japanese Canadians along the West Coast were forcibly removed, their property and assets confiscated and sold. Many were separated from their families and sent to internment camps as prisoners-of-war. In 1946, 4,000 Japanese Canadians would be exiled to Japan.
- Sikhs first came to Canada as a part of the Hong Kong military on their way to Queen Victoria's Diamond Jubilee (1897) and the coronation of Edward VII (1902). Over 5,000 (predominantly Sikh) South Asians immigrated to British Columbia before being barred from immigrating to the country in 1908. In spite of rampant racial discrimination, Sikh Canadians established several religious institutions in BC, in which they organized to fight for the lift of the immigration ban. The ban would not be fully lifted until the late 1940s.

In spite of a historical ambivalence towards the immigration of Asian people to Canada, Asian Heritage Month acknowledges the ways various Asian groups have helped to build, defend, and strengthen the nation. Today Canada is home to a diverse community of Asian communities that continue to contribute great works to Canadian society.

## Jewish Heritage Month

May is also known as Jewish Heritage Month, and celebrates the contributions that Jewish Canadians have been making to Canada for the last 250 years. Below are some historical facts about the legacy of Jewish people in Canada and Toronto specifically.

- The Jewish community has played a historic role in the promotion and defence of labour rights and social justice in Canada. For instance, the Jewish Labour Committee petitioned for the first anti-discrimination resolution at the Canadian Congress of Labour, which was successfully passed in 1947. Today, roughly 400,000 people of Jewish ancestry live in Canada, making Canada home to the fourth-largest Jewish community in the world.
- Did you know that Mount Sinai Hospital was originally the Hebrew Maternity and Convalescent Hospital? The original building was purchased by four immigrant Jewish women in Toronto, Mrs. Cohn, Miller, Spiegel, and Adler. These women recognized a need for a Jewish hospital, as not a single hospital in Toronto would allow Jewish doctors a position to practice during this time.
- Did you know that in the early to mid 1900s, Kensington Market was more broadly known as the 'Jewish Market'? The Market catered to a primarily Jewish community that lived and worked in the area. It was mostly open on Thursdays and Fridays so the Jewish community could shop and get ready for Sabbath. By 1931, there were 45,305 Jewish people living in Toronto, 80% of whom lived in or around the Jewish Market. During this time, there were over 30 active synagogues in the market, two of which are still operating today.



*The Original Mount Sinai Hospital Building*



*Jewish merchants selling goods in the Jewish Market. 1924.*





# Fresh from the Our Place Kitchen



## Taco Soup

### Ingredients:

- Ground beef
- Diced tomato
- Green onions
- Jalapeno
- Olive oil
- Green chilies
- Yellow onion
- Diced garlic
- Tomato sauce
- Beef broth
- Dry ranch dressing mix
- Frozen corn
- Beans of choice



### Directions:

1. Cook ground beef in a large pot along with chopped onion, crumbling and stirring occasionally until browned and adding jalapeno and garlic during last few minutes of browning. Drain excess fat.
2. Stir in tomatoes with chilies, beef broth, tomato sauce, chili powder, cumin, paprika, oregano, ranch dressing mix and season with salt and pepper to taste. Cover pot with lid and simmer 30 minutes, stirring occasionally.
3. Add in corn, black beans and pinto beans and cook until heated through. Add 1/2 cup water to thin soup if desired. Serve warm topped with desired toppings.

## Parsley Pesto Pasta

### Ingredients:

- 1 lb Linguine
- 2 cloves garlic, roughly chopped
- 1 bunch parsley
- ¼ cup toasted walnuts
- ¼ cup olive oil
- ¼ cup grated parmesan



- 1 tsp red pepper flakes

Directions:

1. Cook pasta per package directions.
2. Meanwhile, in a food processor, blend garlic, parsley, walnuts, olive oil and Parmesan until smooth.
3. Toss cooked pasta with pesto and red pepper flakes to coat.

### Chocolate Chip Cookies

Ingredients:

- 1 cup softened butter
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs, room temperature
- 2 tsp vanilla extract
- 1 tsp baking soda
- 2 tsp hot water
- ½ tsp salt
- 3 cups all purpose flour
- 2 cups semisweet chocolate chips



Directions:

1. Preheat oven to 350 degrees F
2. Beat butter, white sugar, and brown sugar together in a large bowl until smooth
3. Beat in eggs one at a time. Stir in vanilla extract.
4. Dissolve baking soda in hot water. Add to batter along with salt.
5. Stir in flour and chocolate chips.
6. Place rounded balls of dough 2 inches apart onto an ungreased baking sheet
7. Bake until edges are browned, about 10 minutes.
8. Cool on baking sheets for a couple minutes then transfer to a wire rack to cool completely.
9. Store in an airtight container and enjoy!

## Stuffed Peppers

### Ingredients:

- ½ cup uncooked rice
- 2 tbsp olive oil
- 1 medium onion, chopped
- 2 tbsp tomato paste
- 3 cloves garlic, minced
- 1 lb ground beef
- 1 14.5 oz. can diced tomatoes
- 1 ½ dried oregano
- Kosher salt
- Ground black pepper
- 6 bell peppers, tops and cores removed
- 1 cup shredded Monterey jack cheese
- Freshly chopped parsley



### Directions:

1. Preheat oven to 400 degrees F.
2. In a large skillet over medium heat, heat oil. Cook onion until soft, about 5 minutes. Stir in tomato paste and garlic and cook until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes. Drain fat.
3. Return beef mixture to skillet, then stir in cooked rice and diced tomatoes. Season with oregano, salt, and pepper. Let simmer until liquid has reduced slightly, about 5 minutes.
4. Place peppers cut side-up in a 9"-x-13" baking dish and drizzle with oil. Spoon beef mixture into each pepper and top with Monterey jack, then cover baking dish with foil.
5. Garnish with parsley before serving.

## **Mental Health Tips of the Month**

### Letting Go of Angry Thoughts – By Sim

Anger is a normal emotion that we all experience in life. However, holding on to it can lead to negative physical and emotional effects. It can also cause you to respond to situations irrationally, which can ruin relationships. There is a lot of learning and

introspection involved in letting go of anger, and doing this is not an easy process, but it is possible to learn. Below are some strategies to help you begin to let go of any persistent anger.



### 1. Recognize the source of your anger

- Recognize when you are feeling angry and try to determine the cause. Is it something beyond your control? Is it being caused by someone who you will never see again? Or is a family member or friend making you angry?
- This is important to recognize because with anger that you feel against a stranger, the best thing to do is simply escape the situation. If you are dealing with someone close to you, it is an ongoing interaction and it would be best to try to relax, restructure your thoughts, and express your anger directly in a calm and appropriate tone.

### 2. Practice relaxation techniques

- Using relaxation strategies can help you calm your angry feelings. If you practice these strategies often, you will find that it is easier to resort to them when you feel anger emerging.
- Mindfulness is a very effective method of relaxation and is helpful in reducing anxiety that emerges from anger. Simply observing your breathing helps to rewire your brain so you can refocus your attention. Rather than following a negative thought, you can learn to recognize your thoughts for what they are and let them go.

### 3. Take a break

- It is important to recognize when it is time to take a minute for yourself. When you begin to sense that you have anger building up, the best thing to do is to walk away. Take a few minutes to gather your thoughts and release the negative emotions. Taking a break will prevent you from saying something out of anger that you might later regret. Find a quiet and relaxing place to go and think about some things you could do to cool down during this time.



# Writing Submissions

A Special Night

By: Kimberly

Occasionally my church puts on Worship Night. My church is called Elevation Church. This night is all about music. It is like a mini concert. My church did not have this before the pandemic I have volunteered for three of them already. It is a fun night. I am an usher. I get to take people to their seats. On this night we have a lot of people come to the church. The last one in February we had more than six hundred people. The most we have ever had. The atmosphere is unremarkable feeling.

People coming into worship. These people are coming in happy, expecting, and there are some that are hurting. Those who are hurting, they come to get comfort and to speak to God. At my church we love to give hugs and to pray for you. Giving hugs to others is a healing tool. When someone comes into the church on this night, you do not know what they are going through. This can also be said for Sundays.

On February 23, 2023, of this year was a night a night of worship that my church called Road to The Arena. There is a reason behind this. Elevation Worship is coming to Scotiabank Arena. My church is based out of the United States. The locations of the churches are called Campuses. My campus is in Mississauga, which is the only one outside out of the United States.

Elevation Worship is a famous Christian music group. On April 27, 2023, they are coming to Scotiabank Arena. Last year we won a Grammy. I have been to two of the concerts. One in 2017, when they came to the International Centre. My daughter got tickets; they were free. It was impressive. Then in 2018, they came again, and I had to buy a ticket. Since I am a volunteer, I got a discount and an early bird ticket. Over 7,000 people attended that night. Now the concert for April 27<sup>th</sup> has been moved up one day because of the NHL Playoffs. My Pastor has said more than 16,000 tickets have been sold. I get a free ticket to this concert. I am so excited. I will be writing about it after I go to the concert.

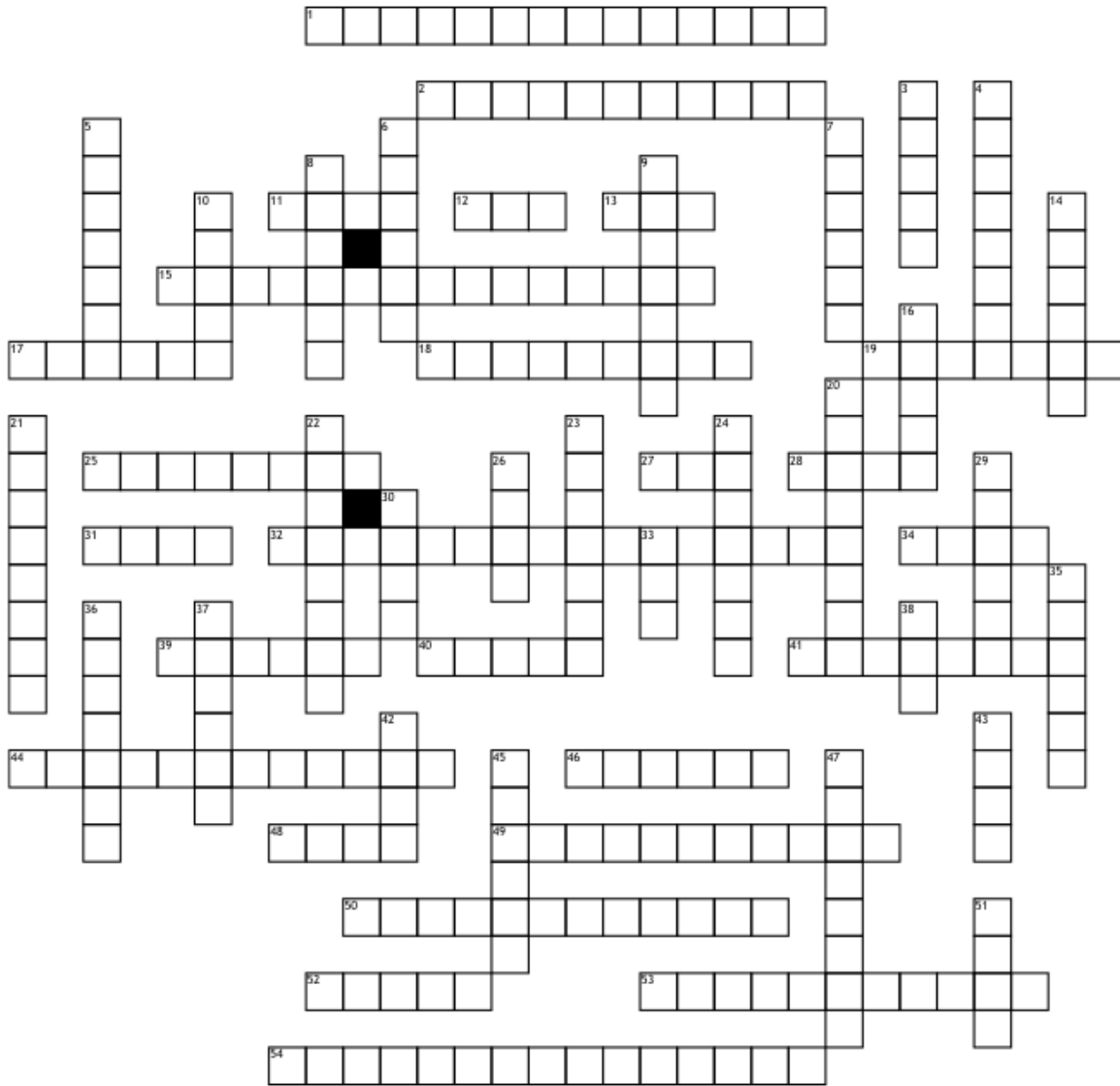
## This Month's Acts of Kindness

Over the last few weeks, we have observed several acts of kindness from many of our members. None of this goes unnoticed, and we appreciate all that you do!

- Thanks to Kimberly for sharing a homemade meal with one of our members during a difficult time.
- Thanks to everyone that have been helping out fellow members during bingo.
- Thank you to Dave for always making sure the men's bathroom is stocked with supplies!



# May



## Across

1. Game of chance with a coin (2 words)
2. Avian observer (2 words)
11. President Kennedy's first name
12. tv shopping network
13. singer Bon Jovi
15. Newspaper knowledge tester (2 words)
17. Acity in Texas
18. Alvin, Simon, Theodore
19. Gilligan's coconut pie maker
25. A city in Nevada
27. actress and model Mowry
28. George Jetson's daughter
31. tv show "The Good ----"
32. your mother's father's mother
34. Wayne of westerns
39. father's mate
40. Action star Statham
41. Frank Sinatra's nickname ol ---- ----

44. Dessert topper (2 words)
46. tv sitcom "----- Miller"
48. A mountain in Massachusetts
49. Father's mother
50. picture made of many pieces (2 words)
52. "Dances With Wolves" Costner
53. One armed bandit
54. Train junk store (2 words)

## Down

3. variety show "Donny and ----"
4. Show of answers and questions
5. Blossoms
6. MMA fighter McGregor
7. Clan
8. Cowboy transports
9. writer Jackie -----
10. A famous Carpenter
14. Buddy, pal
16. Title of a Barry Manilow song

20. tree dwelling nut gatherer
21. on a spending spree
22. trips by automobile (2 words)
23. 90210 star Doherty
24. "Bachelorette" star Bristowe
26. Grenier of "Shark Tank"
29. An Olsen twin
30. boxer Dempsey
33. 5th month
35. female sibling
36. A "Hasty" award
37. morning joe
38. D'Angelo of Griswold movies for short
42. Actor Sinesse
43. Adore
45. Singer Trainor
47. frozen summer treat
51. Mother's sister

# MERRY MONTH OF MAY

## Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

BASEBALL  
BLOSSOM  
BUMBLEBEE  
BUTTERFLY  
CINCO DE MAYO  
FLOWERS



E	B	H	C	Q	Q	U	Z	O	K	W	G	E	M	I	N	I	P	J
N	O	Y	A	M	E	D	O	C	N	I	C	S	G	O	G	D	J	Y
I	L	Y	P	A	V	D	J	T	J	L	Y	A	G	P	L	A	N	T
H	X	L	B	V	N	M	Y	A	D	S	R	E	H	T	O	M	G	E
S	E	E	D	S	Q	M	O	I	L	D	I	I	L	T	E	Q	L	F
N	E	C	J	I	Y	E	D	M	E	E	W	C	S	L	L	N	I	K
U	C	D	L	Q	W	M	G	N	I	R	P	S	Q	N	O	N	N	U
S	U	K	N	O	I	O	E	X	Q	S	U	V	C	F	P	L	H	A
Q	W	P	E	E	S	R	E	N	K	F	Z	G	P	A	Y	A	Z	G
H	O	H	O	S	E	I	B	L	D	Y	L	F	T	A	A	R	F	L
M	M	F	E	H	V	A	E	B	C	V	O	H	T	U	M	E	O	F
N	U	Q	C	F	S	L	L	N	U	H	X	A	Q	V	L	W	L	F
A	E	A	L	E	O	D	B	B	E	T	N	T	I	S	M	O	S	C
G	E	E	B	A	H	A	M	Z	L	I	T	A	M	D	W	M	Y	X
T	F	A	R	L	D	Y	U	B	P	O	E	E	N	E	S	N	W	D
Q	L	Z	F	G	M	Y	B	I	N	S	S	J	R	N	R	W	C	W
L	B	Y	O	D	A	B	B	P	A	T	Z	S	S	F	H	A	Y	Z
I	Y	Y	Z	T	A	U	R	U	S	G	O	E	O	O	L	L	S	G
Y	O	O	Q	F	I	S	K	R	G	F	D	G	U	M	Y	Y	R	J

GARDEN  
GEMINI  
GREEN  
LADYBUG  
LAWNMOWER  
MAYPOLE  
MEMORIAL DAY  
MOM

MOTHER'S DAY  
PIÑATA  
PLANT  
SEEDS  
SPRING  
SUNSHINE  
TAURUS  
TEACHER



Paint the world  
SUPER  
COLORS

