

CONGRATS
*To Jennifer and Sylvie
 With beautiful babies!!!*

Thank you!!!
*All who contributed to this Winter
 2015 issue of Regenesiis.
 Please keep encouraging yourself and
 members to write and share the beau-
 tiful art and poems, stories and expe-
 riences. They all matter and make a
 difference.*

In Memory of Members 2015

Angela Ching

**MERRY CHRISTMAS AND HAPPY
 HOLIDYAS**



Newspaper Committee
 Anton Dzyubenko
 Richard Skipper
 Jennifer Bober — She will be back

Team Regen 2015 ◆◆◆



Team Regen participated at the annual Scotiabank Toronto Waterfront Marathon 2015 event for the second year in a row. The Team Run and Walked 5K on Sunday October 18, 2015. The day was a success, filled with team spirit, high energy fun that ended with a Brunch Buffet Celebration. The Team raised \$5,630.00 for Regen’s Rainy Day Fund, Educational and Employment Programs.

Many thanks to all who generously donated to Regen and to those that participated in the 5K Run/Walk **including:**
 SHPPSU Program: Samantha
 Anderson House: Ann, Sheryl & Family; The ARCH: Ann, Cherry, Pilar; Board: Seth-Adrian & Family, Rob, Ann
 ICM CAMH/St.Joe’s: Azy, Emily, Patricia Management: Noel, Richard; Peer Support: Andrea & Family, Scott;
 Step Up Members: Dave, Richard; Temple: Susan.

All Regen Members, Board, Staff and Family are Welcome to join Team Regen next year at the 2016 event.
 ~ By Patricia Koine

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 and Support Services**
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 Toronto, Ontario
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 Web:
 www.regenerationcs.org

YES! I would like to support the vital housing and support programs offered by Regeneration Housing and Support Services!

\$25 \$50 \$75 \$100 \$_____

I have enclosed my cheque payable to: Regeneration Housing and Support Services

I prefer to use my credit card VISA

Card # _____ Expiry: _____

Signature: _____

Thank you for your support of RHSS Programs and clients.

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A Word from Noel

What do trips to The ROM the Science Centre, Halloween Parties, Baking Bees and Scrabble Soirees have in common. They have all been organized by Regen staff and members. There are also numerous bingo nights dance parties community dinners yoga groups and mindfulness sessions. We are doing so much that it may be a good idea to form a staff/member activity coordinating group to plan and spread the word about all the good times that are happening. We also, most likely haven't thought of all the wonderful things you might want to do. So give your idea to a peer worker or other staff member or even organize an event where you live and let us know about it. The wonderful thing about Regen is Regen is a wonderful. thing.



~ By Noel Simpson

David's Marathon

On Sunday October 18, I participated in the Scotiabank Marathon where I completed a 5 km walk alongside Regen staff and members. Leading up to the event I felt very excited to be part of something that was going to help people but I also felt nervous because it seemed like a big challenge I would not be able to overcome. Shortly, I realized this was not something I would be taking on by myself. I was fortunate to be part of a great team that encouraged and helped me along the way. In preparation, I attended an exercise group held at Regen head office that helped me train for the walk. This gave me the confidence and determination to complete my goal. Once I crossed the finish line, I was awarded a medal for

all the hard work that was put in. I felt tired but overall I felt good because I knew I had given back to the community with all the money I raised for charity. This is definitely something I will continue to do every year and I highly encourage members and staff to join and be part of something full of so much positivity. If anyone doubts themselves, just think that if I can do it, so can you. No one who completes the walk is alone because you are surrounded by all the great energy of the spectators cheering you on as you reach the end. Thank you Regen for putting this together. I look forward to it next year and I hope to see some new faces.

~ By David Cronkwright

Halloween Hoots

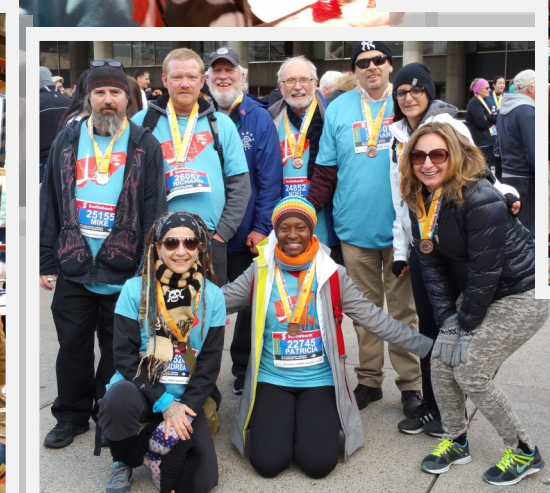
Regeneration held their Halloween party and dance at College and Bathurst at United Church. For a catered dinner they served a plate of lasagna. Music for the dance was supplied by a disk jockey that was hired for the occasion. They had spot games with Tim Horton's gift cards as prizes. Some of the staff and clients were dressed in Halloween costumes. It was a good way to celebrate the Halloween festivities and much credit goes to the staff at Regen who provided an excellent dinner and music entertainment. The hall was smaller than last year but made for a cozy atmosphere. Thanks to staff and attending clients for making it a memorable occasion. The Regen community cares, and there was no shortage of enjoyment for all.

~ By James Robertson

Paying it Forward

On Saturday of this past Thanksgiving weekend, I left for No Frills which is down the street from my home on Eglinton. Since it was Thanksgiving weekend, I checked in to see what I wanted shopping wise, also looking for a small turkey that could fit in my crock pot. As I was looking at the choices of turkeys, a woman came up to me and said she wanted to buy me a turkey for Thanksgiving. I told her 'Thank you but I'm okay. She insisted and replied, 'Here you go, Happy Thanksgiving!' as she presented a twenty dollar bill. I was surprised but again told her 'No, I have money. Thank you'. Finally she

Regen Marathon 2015



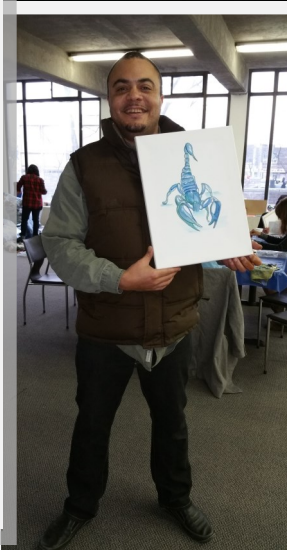
“GOW”

The Getting On With Life and Its Challenges group has been meeting for over a decade. Most recently, on Wednesday afternoons at the Regen Head Office. The aim of the group is skills-building and socialization. The participants are people with lived experience who come together to design and deliver workshops about recovery related topics. In the first 3 months, the group decides what workshops we should offer and how to conduct them. Then the workshops run for 3 months and are open to anyone who wants to drop by! There is both a spring and a fall workshop series each year.

I have helped facilitate this group for the past six months and it has been very rewarding to be part of a group who meet regularly to work on the common goal of wellbeing. Our workshops this fall have ranged from practical knowledge about how to keep our minds sharp to stave off the effects of dementia, to discussions about how to better navigate the Canadian medical system and even how to budget more wisely. We also watched movies, enjoyed a games day and created some art together. If you're looking to learn and share in the fun of a cooperative setting, you may want to come check us out!

~By Balazs Csaszar

THE HUB



said, 'I will follow you around the store if you don't take it.' So, I finally agreed to take the twenty dollars so that she wouldn't follow me around the rest of the day. I came home without having purchased a turkey, still wondering what the heck just happened. I thought about it that night and the next day, I decided to buy a giant turkey to share with everybody at The ARCH. I went back to No Frills and picked out the biggest turkey I could find. I brought it to the cash and the cashier asked, 'How are you going to get that home?' I replied, 'Where there's a will, there's a way.' I brought the turkey all the way back home, brought it up to the 4th floor and



told the staff about how a lady gave me money for a turkey and the best thing I could do was share it with everyone. It wasn't my money so this was the best thing I could think of. I have to say, there's still some good people around who feel it's better to give than to receive.

~ By Ivan Demerchant
(The ARCH)



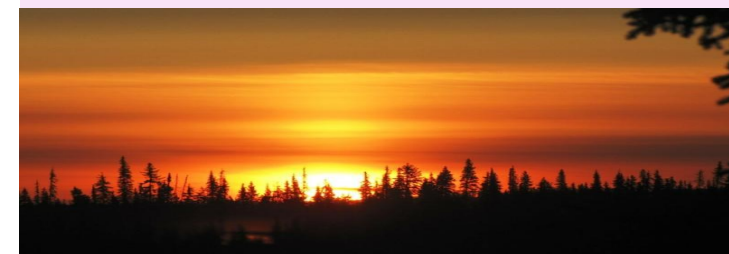
Annual BBQ 2015



POEMS

By Andrei Bogdanov

... Here is very short but inspiring poem, which I wrote long ago... I think it would fit perfectly, maybe even with good picture editor will choose... Maybe picture of sunset or sunrise... I am not sure about name also... OK.



Here are these two lines:

Rise of sunset inspires holy awe and stings us as a viper...

Set of sunrise is causing us to soar, our spirit-wings are ripening...

~ By Andrei Bogdanov

Loved

I feel loved. Just like a dove
Not just by family and friends
Oh how our heart mends.
The carrying staff of Regeneration
Who take care of us in every occasion
We may not be rich in money
But we stick together like honey.
Thank—you for respecting me
Thank—you for coffee and tea.
If it was not for you I don't know where I would be.
And for my roommates at Evelyn as well as Keele
So much excitement I feel.
So bless your heart, just like fine art
For happiness during the holiday
I like you in every way.

~ By Claudia

With All My Love



Hi, my name is Julio Estany. The first thing I would love to say is that I have been privileged enough, also so fortunate, to be a member of the Regeneration House Organization. I would like to say kindly to all of you that it is a wonderful, fantastic, and phenomenal enterprise. All the staff are just so nice, so polite and extremely well educated with brilliant minds. They are also very nicely soft spoken and courteous as well.

The staff are improving the quality of life of all the clients in all different aspects. The first name that comes to mind is Misty, as everyone knows her. And of course Ruth, Maureen, Noel, Phil and my greatest Michaela. Not to say the least.

I encourage all of you to keep participating in improving the lives and motives of the people under your care. I have been so blessed by all of you so by the will of God, also cherish all of you. What have I learned from severe mental illness? I have met the most wonderful, lovely and fascinating people like the staff at Regeneration House. This lady Misty, she turned my life completely for the better.

With all my love and affection, a very pleased member,

Sincerely yours,
Thank you,
~ By Julio Estany

News From Jennifer



On Thursday October 28th Regen had our Halloween Dance, the second of what is becoming an annual event. This year the dance was held at College Street United Church and we were very happy to host at least 75 members for dinner, music and some dancing! Many staff participated in helping to organize the decorations and treats, including with member help decorating the space with lots of ghoulish and spooky images. Susan Chattaway and Andrea Jakaitis went over and above with their delicious lasagna and salad that they prepared for everyone including cupcakes which members decorated together after dinner while swaying to the music. And like last year, we were lucky to have Corey Dawkins, a local professional DJ lend his talents for the night and provide us with a night full of oldies and top 40 music that kept some of us bopping our feet at the table or dancing on the dance floor! We are looking forward to continuing this festive event next year and hope that if you haven't made it out yet that you join us all in 2016.

And

We are pleased to announce that in the last couple of months Regen has started another new housing program at our Weston, Jane and Vaughn sites called Health Link West Supportive Housing Program which is in partnership with both Cota Health and Reconnect Mental Health Services. Through this partnership we will be offering independent units to 25 tenants with on-site housing support. So far we have housed around 10 peo-

Laws, McMurray and our Regen staff at Head Office with fresh decadent muffins. It was so much fun that one Evelyn member suggested we get together again to make Gingerbread cookies to welcome the holiday season. Long into the evening, we baked at least 4 dozen fully decorated gingerbread cookies! And not without a considerable amount of laughter, singing and some interesting cookie-decorating experiments. Again, all were very excited to offer our treats to members in our Regen community. These holiday treats were enjoyed by the Peer Discussion Group, and our Regen staff at Head Office. The responses have been overwhelmingly positive and certainly confidence-building. Stay tuned friends! Happy Holidays to our Regen Family, from the Evelyn House Bakers!



~ By Andrea Rowe

ROM

One of the fondest memories I have as a kid is going to the Royal Ontario Museum on school field trips. I always remember the excitement of exploring with friends and learning about ancient civilizations. This year those fond memories were relived through an outing Regen had with its members and staff. In November, a large group of us had the pleasure of going out to lunch and spending the afternoon at



~ By Oscar Campos

the ROM. Seeing all the smiles on everyone's faces as we walked through exhibitions, was a great experience. Anyone can go on their own but being surrounded by so much beauty is always more enjoyable in the presence of great company.

One of my favourite things about working for Regen is being able to be part of these type of excursions and being able to spend time getting to know people I would have never had the opportunity to meet. Through every trip we've had, I always leave with one new friend and that is a priceless experience. I highly encourage all members and staff to take part in these outings because there is always so much positive energy. So, whether you're a fan of dinosaurs, ancient mummy tombs or exotic, prehistoric animals, the ROM is a great place to spend some time in, to either get lost or enjoy time away from our busy schedules. I look forward to seeing new faces on our next trip.



them. One day Sandi shared her thoughts about creating a women's scrabble group so that we might offer this same wonderful experience to other Regeneration women. And, the rest is history: The Scrabble Sisterhood meets at 2:30pm, every 3rd Tuesday of the month, at 9 Temple Avenue. We provide refreshments and treats to nibble on (Andrea bakes treats to bring!), and tokens are provided as well. For more information, please contact Andrea Rowe, Peer Support Worker. Our first game of 2016 is Tuesday January 19th so mark your calendars sisters! Come out and share the experience!

~ By Andrea Rowe

Christmas's Coming

Here it is Christmas again, and another year passed at Vaughan Rd building. We have done so many things to improve what I like to refer to as our little tight net family here at Vaughan Rd. We all here would especially like to congratulate Jennifer B. Welcome to her new baby who has finally arrived, "We miss you!"

I have to say, it is also good to have Anton back. Welcome back my friend.

With the teamwork and communication together, I have to say our building is the prettiest on the block. I have to admit it is such a joy when I clean the building to hear the compliments and "Thanks!" from other tenants. We stand strong and supportive for each other. It is such a good feeling, even though some of us are still struggling. But each day is easier because we are a family and we support each other.

I want to bless and wish everyone out there a Merry Christmas and Wonderful New Year from the crew here at 125 Vaughan Rd. And remember — Keep It Simple — from us to you! Bless

~ By Linda Kemp



Halloween Fun 2015

Evelyn House Baking Group

Hooray for the Evelyn House Bakers!

What do you get when you cross 16 ripe, frozen bananas and a group of waste-conscious, treat-lovin' Evelyn House members? Answer: 3 dozen banana-nut-chocolate-chip-skor-bar muffins and 4 loaves!!

What about 12 very ripe apples and that those same members? Answer: Ten generous cups of peeled, cored and sliced apples and a warm, sweet cinnamon, buttery apple crisp to feed the household! The kitchen at Evelyn House transforms into a hustling, bustling baking frenzy! It was an afternoon filled to the brims with laughter, spontaneous karaoke (awesome!), connection, community spirit and a common interest in baking of course! It's a wonderful way to spend the afternoon together, and to have the opportunity to share our "bounty of treats" with our local Regen neighbours, dropping by at

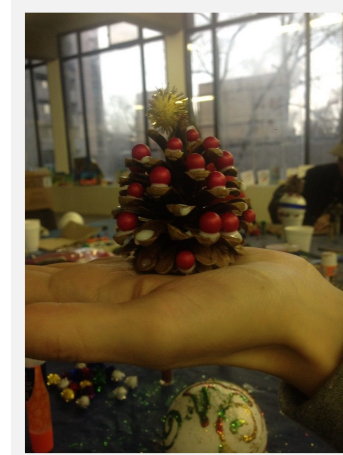


ple and we are excited to fill the program in full. Tenants have been enjoying their new furnished units and the housing support that they are receiving from Regen.

Last but not least

The Weston Mount Dennis Hub up at our Weston and Lawrence site has been offering daily programming over the last couple of months to everyone in the community including Regen members. Regen is pleased to be a founding member of the Hub along with Progress Place and other local agencies. Most recently the Hub provided a BBQ and meet & greet with the participating agencies for everyone in the area including a bouncy castle for kids, supplied by the local fire department, to play on. The regular daily schedule offers a free Clothing Boutique, Computer Learning sessions (taught by Richard Clark – a Regen member), weekly Wellness Groups (run by Regen's Peer Worker – Rhonda Skene), and an Expressive Art group (run by Rhonda Skene every Monday afternoon).

On Friday's, Progress Place has started a Mental Health



Foundations day which is based on the clubhouse work ordered day model and it brings people together to prepare and share a meal and have meetings to discuss the program. During the election, the Hub hosted a political debate between the local candidates running in the Federal election from all of the parties. The next day Elections Canada provided a workshop to community members on how to register to vote. In January it is being organized for the Toronto Fire Department to come in and speak to the community about fire safety in their homes. We are looking forward to the continued programming that the Hub is offering the Weston Mount Dennis community and if you live in the area and have any ideas please let us know.

~ By Jennifer Breckenridge

Art Manuel Adventures!

One-on-one and group activities.

As a peer support worker I have also had the pleasure of



working with members at the Art Manuel Program. We have had many laughs and good talks. What I found was every single member has a story to tell. We have been able to build trusting relationships by sharing mutual experiences in difficult times and triumphs in our

life. What I have witnessed and what members have shared is support and validation goes a long way. We have went out on outings to the thrift store, Wal-Mart and other places in the community. One of the members and I were very happy to have a spa day. The tenants at Art Manuel House are really making themselves at home and enjoying their space. One instance was when we were in the common area we turned the music on and I was elected to be the DJ for the members and we played lots of great songs that they requested. This brought back happy memories for them and the room was filled with songs, laughter, and dancing. Another activity that is a big hit at Art Manuel House is bingo! It's a weekly Friday activity that the members are very enthusiastic about and there is a friendly sense of competition and socializing! Looking forward to more peer connections.

~ By Rhonda Skene

Connecting Communities

Brene Brown, professor at the University of Houston graduate College of social work, who specializes in social connection reminds us that we are by nature profoundly social creatures; we are biologically, cognitively, physically, and spiritually hardwired to seek belonging, ac-

ceptance, and connection with others. It generates a positive feedback loop of social, emotional and physical well-being: it's been linked to longevity, strengthening the immune system, helping us to recover from disease more quickly, and to reducing experiences of anxiety and depression. * Social connection as a fundamental human need, has been repeatedly stressed in the mental health community and is deeply infused in the work that we do in our Peer Support Program.

Over the last few months, we have been hosting localized social events for Regen members with the intention of creating opportunities within shared neighbourhoods for members to meet and socialize. We began having Junction Neighborhood Coffee outings, extending invitations to the various portfolio properties: Campbell House, McMurray House, Laws House, Evelyn House and Keele House. Recently, we had our first King Street House and My Brother's Place Coffee outing in Parkdale at a local favorite coffeehouse called The Abbott.

Movie outings are also a favorite request from members and we have enjoyed afternoon movies our west-end members from Step Up, Anderson and Oakwood Arch, our Parkdale members from King and My Brother's Place and the Junction crew as well! We connect through music, through life stories and memories, our worries and our hopes, our interests and our passions, and we connect through humour and a lot of laughter. Members make new connections and so do we, the Peer Support Workers. Each event that we facilitate, we have the privilege of an opportunity to make new connections, to build meaningful relationships, and to witness new and meaningful connections being made. It's a big part of why we do what we do. Stay tuned for events in the New Year!

* An obvious but most noteworthy advocate Abraham Maslow, circ. 1943, and his Hierarchy of Needs

~ **By Scott McDougall and Andrea Rowe**

63A Spencer Avenue

Spencer Avenue is a high support house and part of the 24-hour Regeneration Community Service. This officially opened on October 1st, 2015 with five members to start. The building was completely gutted and rebuilt

with fifteen self-contained units. There are four floors including the basement where the kitchen, dining room, and office are located. Each floor has its own common areas and balconies that are there for members to enjoy and share. Regeneration Community Services Spencer location has been working

together in partnership with the South Link Reconnect Team and COTA Team. Presently the 7 members living at Spencer are supported by the Reconnect Team. The current age of members is between 20 to 53 years old.

The foundation of our Philosophy is the Recovery model. The Recovery model encourages each member to have their own personal process in gaining experience to control, and develop a purpose for their lives. Furthermore, each member will have their own path in conquering their goals.

With the Christmas season coming up, the members at Spencer are getting into action by building Gingerbread houses, putting Christmas lights up, decorating common areas and putting a Christmas tree up.

With the Christmas season coming up, the members at Spencer House are getting into the spirit by building Gingerbread houses, putting up Christmas lights outside of the house, decorating common areas and even putting a Christmas tree up. There are also outings planned to go skating with hot chocolate, a trip to the Christmas Market and other activities with staff and our peer support worker.

~ **By Waleodun Okewole**

Weston Mount Dennis Hub - Expressive Arts Group and Wednesday Wellness Group

I have been facilitating a Monday Art group and a Wednesday Wellness group at our community HUB up at our 1765 Weston site. I have had the privilege of watching our members interact with people from the community. It has been an atmos-

phere of learning and growing together no matter where your from, who you are or how you got here. Being able to witness the true essence of "peer mag-



ic" (just one peer helping another peer) in group dynamics gives our members a platform to be responsible for their recovery and educate the rest of the community.

In doing so our members empower themselves as they continue to walk through their recovery. It has been a pleasure and a learning experience for me to watch each and every member hold each other in the highest regard. My conviction and passion on Peer support continues to rise as I work alongside our members. The Expressive Arts Group has consisted of freelance painting, sketches, paint by numbers, holiday arts, pottery and other fun and engaging activities.

The Wednesday

Wellness group has involved a number of interesting workshops such as Self-care, Assertive Communication, Healthy Relationships, Positive Affirmations, Fitness groups, How to Get Through the Holidays and many others. Regen members continue to participate weekly and their feedback has been very positive and their ideas for activities have been amazing including their support of one another. Importantly all of these groups are for all levels, it is not competitive and there are no expectations. Participation in the groups are voluntary and sometimes a persons presence is enough.



There was a Pottery and Planting group in the Wednesday group that was a really successful day. The Art that we chose was extremely difficult and I must say if you ever have a chance to come by and

see our artists hard at work, the invitation is always there. These are open groups that ALL regen member have a personal open invitation to. ~ **By Rhonda Skene**

Introducing Sandi Sue-Ping—Regeneration member and founder of Regeneration Community Services Scrabble Sisterhood.

"I enjoy playing Scrabble very much because it gives me a chance to exercise my vocabulary, to learn new words, to have fun with Andrea, who seems to share my kind of humour, and to listen to good music which we both enjoy on AM740 Zoomer radio.



I am not a cut-throat type of player and often help Andrea, although it is to my detriment! I like playing with her because although I sometimes help her, that does not mean she's a poor player. On the contrary, she is learning the rules and the strategies, and the competition is ample AND friendly!"

A Game Shared By Two

It began as a Scrabble game shared by two. I rediscovered why I had so loved playing board games like Scrabble growing up. So much more was happening than the playing of a game of Scrabble, and it was happening organically through the game itself: the game was the seed planted. What blossomed I could not have anticipated. A wonderfully rich, vibrant and fun energy was created. We learned about each other as we played, we learned from each other as we played; our connection enriched almost organically through the vehicle of a game shared by two. I am so grateful to Sandi for the invitation to play that first game. We began to have regular Scrabble dates, and I always found myself looking forward to