



ROSE'S POEM
CURATOR'S CORNER



FALL "FRIENDRAISER"
25 YEARS OF
SUCCESS



GETTING PHYSICAL
UPCOMING
INITIATIVES

HOUSE OF COMPASSION

Walking the Journey Together

FALL "FRIENDRAISER"

A sellout crowd of over 100 residents, staff, volunteers, financial supporters, friends, family & neighbours of HOC gathered on October 21 at the Stephen Bulger Gallery on Queen West. The evening was designed to reflect not only the diversity of experience of people living with mental illness, but the fundamental need for affordable, safe, supportive housing in overcoming life's challenges.

The gallery space, kindly donated by Stephen Bulger, was filled with original artwork created by HOC residents. Appetizers were generously provided by Nouveau Taste, and served by our kitchen facilitator Keith.

Executive Director Sue Osborne welcomed our long time supporters including co-founder Earlane Collins, and introduced many new friends to our vision- that residents of the house are inspired to lead healthy and empowered lives. Initiatives such as the Art Program and the "Recovery in the Kitchen Program" help achieve this goal.

Guests at the event were entertained and informed by real life stories from the Dream Team, Canada's leading advocates for supportive housing. Dawn, Linda and Neil used truth, passion and humour to speak of



their own experiences living with mental health issues.

Harold Murphy, our Master of Ceremonies for the evening, challenged guests to experience “Voices and Choices”, an audio installation meant to evoke thought and discussion about living with audio hallucinations. This installation was created by John James, relief staff at House of Compassion, in collaboration with residents as a tool to foster empathy and compassion for people living with schizophrenia.

The board of the House believes, as the Globe & Mail reported in October, that “housing is one of the key determinants of health. It is virtually impossible to be healthy if you don’t have a roof over your head.” Of course housing is key, but House of Compassion’s mission goes beyond just providing housing, we provide a permanent home and support to help people living with severe and persistent mental illness reach their potential. The residents, staff and board, are all thankful for the sold out crowd who came to this first Friendraiser to join us on this important journey. Stay tuned for more innovations and initiatives over the coming year, all designed to support our clients in leading healthy and empowered lives.

For some pictures of the event, check out this link <http://www.freshbrandart.com/HoCFallFling/>.

Health & Wellness at HOC

Did you know...

Schizophrenia directly affects 1% of the population.

The multiple benefits of exercise and physical activity are well known. The problem is, most of us don’t do enough even though we know we “should.” For those of us with additional barriers to physical activity including poverty, illness and medication side effects, poor nutrition, and lack of information, the obstacles may be even greater but so are the benefits.

Love me or Hate Me

by Rose Reiss

Love me or Hate me
Despite me or Care about me
Forget your sorrow, like the wind turned into stone
Like lilies in a pond



Heart flows through rivers and consistency of
Waters bountiful in flowers in the deep blue waters
The red sea mercifully



The red sea has surfing reptiles like tortoises and
Snakes; black and grey with one heart, two flowers
And three grasshoppers!



Rattle snakes in marbles in the forest hill, grey
Fields and rock road!



Grown trees brown tops khaki jeans lemon balms
Created willies



For people living with schizophrenia, studies have shown that as little as 1-2 hours of exercise weekly can reduce participants' perceptions of auditory hallucinations, raise self-esteem, and improve sleep patterns in addition to improving cardiovascular fitness. Whether these benefits are a direct result of the physical activity, or a result of the provision of distraction and social interaction, exercise was influential in providing these benefits.

A seminal report entitled "Forty is too young to die" suggested that tenant physical health should be a priority of supportive housing. House of Compassion believes this is true... where else to support healthy living than at home?

House of Compassion offers a variety of recovery based programs that contribute to both our residents' sense of community and to their individual health and wellness. With the help of some energetic volunteers, we have recently started a walking group at House of Compassion. It is our hope to recruit more volunteers to this "crew" in order to facilitate daily walks - walking as a group is not only more fun but it helps to reduce isolation and pushes us even when the weather is nasty.

We also have a stretching class once a week and residents have expressed interest in both yoga, tai chi and meditation. If you are interested in contributing to the health and wellness of our residents, give Sue a call at 416-536-2811.



Vision

Our clients are inspired to lead healthy and empowered lives.

Mission

House of Compassion provides permanent housing and support to help people living with severe and persistent mental illness reach their potential. We do this by addressing challenges, offering individualized support, and building connections among affected community members.

Values

HOUSING IS A RIGHT

We believe our clients have the right to safe and affordable housing.

CLIENT CHOICE

We believe that clients have the right to be heard, informed and supported in achieving their goals.

RESPECT AND DIGNITY

We believe every person must be met with compassion, and treated with respect and dignity.

COLLABORATION

We believe each of us is enriched when we are able to work in collaboration to achieve shared goals.

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HERE IS MY TAX DEDUCTIBLE GIFT TO THE WORK OF HOUSE OF COMPASSION

\$ _____ Cheque VISA MC
Gift Amount

Card Number

Expiry Date

Signature

Direct my contribution to: _____ Where most needed
_____ Program

Ms. Mr. Mrs. Miss Other

Name

Address

Phone & E-mail Address

Please mail to: Sue Osborne, Executive Director
169-171 1/2 Shaw Street, Toronto, ON, M6J 2W6



Special thanks to...

RBC

...for their contribution to our Staff Development Program

Scotiabank

...for their contribution to our Peer Support Program

New Healthy Leaders

...for supporting our residents in increasing their physical activity

LEAVE A LEGACY

For more information on Bequests call Sue Osborne at 416-536-2811.

We Need Your Help!

Join our volunteer newsletter gang. The newsletter gang gets together twice a year to assemble newsletters for mailing. If you are free during the day and would like to help out, please call Sue at 416-536-2811.

Looking for a volunteer activity that will help not only you get fit but improve the health and wellness of others? We are looking for a team of healthy leaders to accompany our residents on daily community walks. The walks are usually under 1 hour long and in the Trinity Bellwoods neighbourhood.

DONATE ONLINE: <http://www.hoctoronto.com/help-us.html#donatenow>