

IRIS
Residential
Inns and
Services



IRIS NEWS



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IRIS - A place to call home

Big Business and Mental Health

Clara's Big Ride

For Bell Let's Talk

By Richard Renaud

Soon after biking into Windsor recently, Olympic medalist Clara Hughes arrived in Montreal on 26 March in a 12,000 km journey throughout Canada to prompt the conversation about mental health and its associated stigma.

Clara's Big Ride for Bell Let's Talk visits 95 Canadian communities over 110 days concluding on Parliament Hill in Ottawa on Canada Day, July 1.

Bell's National Partners, Aimia, BMO, Canadian Tire, Cisco, Landbeck, President's Choice and Samsung are providing significant support for the ride. As employers of thousands of Canadians, these companies relate to the suffering caused by mental illness in the personal lives of so many staff, and the consequent loss of productivity throughout the Nation.

After winning two bronze medals at her first Olympics in '96, Clara strug-

gled with severe depression until she sought help and supports to get out of it. When asked what had to be done to break the stigma surrounding talking about mental health issues, she replies:

"I think it's just opening the dialogue ... I think that's going to change many people's lives in terms of getting the help they need. And secondly, it's not just about breaking down the stigma – breaking down the barriers – it's about creating resources that are readily available for every single Canadian".

Let's continue to do just that in our community.

Acknowledgments

We would like to thank Patricia Jacob for two years of hard work and dedication as she retires from the IRIS Residential Inns and Services Board of Directors. We appreciate her counsel, guidance and leadership. We are grateful for her contribution and services to people with persistent serious mental illness (PSMI). Best wishes!

Christmas at IRIS House
Residents grateful for the
support of our community

The following people donated Christmas gifts for the residents (winter jackets, hats, mittens, sweaters, pajamas, gift cards, cosmetics, socks, sweat pants and sweatshirts, etc.):

- ◆ "Treats and Treasures for Nick", Marg Campeau
- ◆ "Patchwork Friends", Mrs. Barrette
- ◆ "Stuff the Bus", Julie Trepanier
- ◆ Blake, Shirley
- ◆ Teehan, Lynn
- ◆ Mosley, Sheila
- ◆ Berthiaume, Sue
- ◆ Nantais, Leland & Madeline
- ◆ Notre Dame Elementary School, Joni Ouellette, Principal
- ◆ Engelhardt, Barbara
- ◆ Zimmerman, Glenn & Bev
- ◆ Dawson, Jack & Helen
- ◆ Dr. Norman A. McCormick chapter IODE
- ◆ Magna Seating
- ◆ Goodfellows, Colleen Renaud
- ◆ St. Alphonsus R.C. Church, C.L.W.
- ◆ Bondy, Catherine
- ◆ Our Lady of the Atonement Church, Father R. Remark
- ◆ St. Paul's Church, Father L. Walsh
- ◆ Guardian Fontainebleau Pharmacy, Frank Murgic
- ◆ Windsor Quilters' Guild
- ◆ Sandre, Mary & Ed
- ◆ Cousineau, John & Mary Ellen
- ◆ Peltier, Donna
- ◆ Remedy's Rx, Karen Crone
- ◆ Holy Names High School drama class students, Sean Radigan, teacher

We acknowledge the monetary donations designated to purchase Christmas gifts for our residents:

- ◆ Dr. N. A. McCormick Chapter IODE, c/o Nicole Convey
- ◆ Beckett, Donna
- ◆ St. Louis, Marlene
- ◆ University of Windsor, the Psychology Student's Association, c/o Ashleigh Erdelyan
- ◆ Charron, Shirley
- ◆ Lawrenson, Jim
- ◆ Sullivan, John
- ◆ Costello, Jack
- ◆ O'Neill, Jim
- ◆ Thibert, Brian
- ◆ Mosher, Bob
- ◆ Culhane, Patrick
- ◆ Parker, Howie
- ◆ Moore, Dave
- ◆ Fraba, Doug
- ◆ Erwin, Richard & Wendy
- ◆ Burford, Joann
- ◆ Tingey, Olivia
- ◆ Belanger, Sybil
- ◆ Belanger, Ernest
- ◆ Gray, Leroy
- ◆ O'Connor, Matilde
- ◆ St. Paul's Church
- ◆ Marentette, Gerry & Rosemary
- ◆ Lefave, Florence
- ◆ Jennings, Earl



Residents performed during the IRIS Family Christmas party



Christmas at IRIS House
Residents grateful for the
support of our community

Our Lady of the Atonement Church "Christmas 2013 Giving Tree" monetary donations:

- ◆ Vardai, John & Elizabeth
- ◆ Ullman, Lucille
- ◆ Trussler, Charlotte
- ◆ Stebila, Andrew & Mary Jane
- ◆ Soulliere, Daniel & Karen
- ◆ Salonen, Gizela
- ◆ Rice, Dolores
- ◆ Poirier, Janet & Gail Bailargeon,
- ◆ Pastorius, Christine
- ◆ Novosad-Mongeau, Sherry
- ◆ Mills, Loris
- ◆ Maurice, Vivian
- ◆ Martens, Larry & Shirley
- ◆ Lefebvre, Eugene & Valerie
- ◆ Hicks, J. & R.
- ◆ Gurat, Rustico & Norma
- ◆ Wilson – Grossett, Anne Marie
- ◆ Gudisey, William
- ◆ Geml, Cathy
- ◆ Gagnon, Alfred & Linda
- ◆ Friedl, Walter & Virginia
- ◆ Falcioni, David & Michelle

- ◆ Eid, Leroy & Diane
- ◆ Dimambro, Ewa
- ◆ Delaurier, Aline
- ◆ Crawford, Dr. Ian & Mrs. Marleen
- ◆ Corazza, Judy & Paul
- ◆ Dupuis, Denis & Linda
- ◆ Basken, Diane
- ◆ Agres, Elpidio & Josefina
- ◆ Papineau, Angela
- ◆ Smith, E.
- ◆ Pare, Michael & Margaret



*Families enjoyed our
Christmas party*



Have a safe
and happy
Easter!

We are grateful for the help with our Dec. 14/13 "IRIS House Family Christmas" party. Thank you to the volunteers:

- ◆ Joan Klinck and Her Girl Guide Pathfinders unit
- ◆ Rotary Club of Windsor - Roseland: Julie and Sam Dragich, Eileen Boyle, Sheila Mosley, John Sullivan, Sue Zanin, Marie and Victor Krolik.
- ◆ Debbie and Carm Simone, Anna Domarchuk from the St. Paul's church in LaSalle
- ◆ Cassandra Ryan, Shannon Ryan, Paige Beneteau

IRIS House residents enjoyed winter activities:

- ◆ A field trip to Colasanti's Tropical Gardens
- ◆ Christmas Lights in Amherstburg
- ◆ A hockey game at Vollmer Complex
- ◆ A "Windsor Express" basketball game at the WFCU Arena
- ◆ Chili Fest
- ◆ Windsor International Film Festival

Activities and Recreation Program
Organized field trips and outings

On site activities include:

- ◆ Parachute fun
- ◆ Music therapy
- ◆ Meditation sessions
- ◆ Dances
- ◆ Fitness exercises
- ◆ Bingo
- ◆ Chair dancing
- ◆ Playing darts
- ◆ Table talk
- ◆ Healthy living workshops
- ◆ “Leap of Faith” with Paul
- ◆ Movies

IRIS House residents enjoy organized outing to:

- ◆ Devonshire Mall Cinemas to watch movies
- ◆ Kordazone theatre to see plays
- ◆ Marvel’s Beauty salon
- ◆ Goodwill store and Bibles for Mission Thrift store
- ◆ Bowlero
- ◆ Playdium



Bowling at the Bowlero and the Playdium



Shopping at Walmart



Announcements

It is with great sadness that we announce the sudden passing of our resident, Larry Vitale, on Feb. 5/14. He was 53. Larry lived at IRIS since October 2002. He made many friends here. He was very cheerful, kind and thoughtful. His unexpected death was very painful for other residents and staff here at IRIS House.

We extend our condolences to Larry's mother, his sisters and brothers and their families. We keep Larry and his family in our thoughts and prayers. Rest in peace Larry. We'll miss you.

We would like to thank the Vitale family for dedicating all donations in memory of Larry to IRIS House. We received several donations in his memory.

Memorial

Donations:

We would like to express our gratitude to the family of Mollie Charron for dedicating donations in memory of her husband, Gerald Charron to IRIS House. Gerald and Mollie have been supporting IRIS House for the last 10 years. We keep Mollie Charron and her family in our thoughts and prayers.

Caboto Charity Pasta Nights

1st Wednesday of every month

from 4:30 to 7:30 p.m. at Caboto Club.

- Adults \$9.00
- Take out \$10.00
- Seniors 60+ \$8.00
- Children 5-12 \$6.00
- Under 5 free w/paying adult



IRIS House will receive a portion of the proceeds from the Caboto Charity Pasta Nights in 2014. We are very grateful to the Caboto Club for this great fundraising opportunity.

IRIS hosted the Caboto charity pasta on Wednesday, Jan. 8/14. We were also selling delicious baked goods and desserts. The following talented IRIS volunteers baked and donated sweets for sale: Debbie Simonne and friends from the St. Paul's church in LaSalle, Sybil Belanger, Kathy Renaud, Shannan and Cassandra Ryan, Dolores Nantais, Ellen Charron, Brenda Nantais. Thank you so much for your support!

The Windsor Star
Letter to the Editor

Dear Editors,

We wish to express our gratitude to the Giovanni Caboto Club for their generosity every year in our community.

We had the opportunity to host the Caboto Charity Pasta night on January 8. Can you believe that 251 people braved the terrible weather (Polar Vortex) either to eat-in or take-out a delicious meal? We are very grateful to them.

The Caboto Charity Pasta Crew Chief, Rick Buzzeo, and his team

Laurie Farano, Alex Sorrentino, Tony Mardegan, Bruno Quagliotto, Americo Simone, Frank Dinardi, Tony Persinotti and Silvan Bertini do an outstanding job and donate their time each month to our community.

We are one of 12 Caboto Charities that benefit from this monthly event on the first Wednesday. Please come out next time on Feb 5th when Hospice is hosting.

Thank you very much, Caboto Club.

Richard Renaud

IRIS Board chair

Anne Ryan

IRIS Executive Director

IRIS statistics

Upcoming Events

Monthly fundraising luncheons at IRIS House

Cost: \$9 Take out: \$10



Third Wednesday of each month
 12:00 p.m. - 1:30 p.m.
 April 16/14 - *French Cuisine*
 May 21/14 - *Italian Cuisine*
 June 18/14 - *Greek Cuisine*
 July 16/14 - *Summer B.B.Q.*
 No luncheon in August 2014

New IRIS website

IRIS Residential Inns and Services has a new website

Please visit us at www.irisinns.ca

We are posting our current events, monthly luncheons and other news on-line.

- ◆ Access our Newsletter on-line
- ◆ Like us on Facebook
- ◆ Follow us on Twitter @IRIS_Inns
- ◆ Donate to IRIS by using our on-line feature

IRIS residents with Paul Pignal



Former residents

As of March 31/14 IRIS House has helped 213 individuals with PSMI (63 current & 150 former).

Where did they come from (150 transitional residents)?

hospital	68
rest homes	26
family home	15
homeless	21
apartments	15
jail/detox centre	5

Where did they move to?

apartments	75
rest homes	27
family home	26
hospital	14
back to jail	2
deceased	6

By diagnosis

Schizophrenia	101
Bi-polar	29
Depression	20

By Sex

Males	105
Females	45

Length of stay at IRIS

Less than 6 months	63
6 months - 1 year	25
1 - 2 years	24
2 - 3 years	7
3 - 4 years	9
4 - 5 years	6
More than 5 years	16

Please use the enclosed Membership & Donation form to support IRIS. Thank you.

Current residents

(March 31/14)

Total of 63 residents

Age Range

21 - 30 years	3
31 - 40 years	7
41 - 50 years	21
51 - 60 years	18
61 - 70 years	10
Over 70	4

By Diagnosis

Schizophrenia	52
Depression	3
Bi - Polar	8

By Sex

Males	36
Females	27

By Source of Funding

ODSP (Ontario Disability Support Program)	47
OAS (Old Age Security)	3
ODSP / CPP	6
CPP	1
OW	1
Private Pay	5

Length of stay at IRIS

Less than 1 year	9
1 - 2 years	6
2 - 3 years	3
3 - 4 years	4
4 - 5 years	3
5 - 6 years	5
6 - 7 years	2
7 - 8 years	3
8 - 9 years	2
9 - 10 years	4
10 - 11 years	8
More than 11 years	14

Status prior to IRIS

Apartment	8
Home	11
Homeless	7
Hospital	22
Rest homes	15