

# MENS SANA BULLETIN

Fall Edition

Issue #2

## A word from our Director

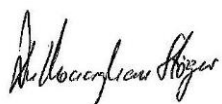
Dear Friend,

Welcome to the Fall issue of '*Mens Sana Bulletin*'. Through this communication channel, we are turning our attention directly to engage with our Members and their families. In this issue, we will update you with the latest that has happened at our programs, and what's in store for the coming weeks. This edition of the Mens Sana bulletin is dedicated to one of Mens Sana's greatest champions, Vince Papa who breathed his last on Saturday, September 21, 2019.

Please address your requests and concerns to the staff, or to Lori Hamilton, Program Supervisor at [lori.hamilton@vitacsls.org](mailto:lori.hamilton@vitacsls.org). Please feel free to follow the complaints procedure that was provided to you in the package when you became our Member, in case you feel that your requests have not been addressed. You can connect with me at [dmonaghan@vitacsls.org](mailto:dmonaghan@vitacsls.org) or call me on 416-749-6234 ext. 243.

In closing, I would like to thank you for your continued support, please share your feedback or ideas to add in the Mens Sana Bulletin at [myvita@vitacsls.org](mailto:myvita@vitacsls.org). Thank you for your support.

Happy Reading!




**Dunja Monaghan Stöger**  
Director of Transitional, Mental Health & Support Services  
Vita Mens Sana

## In This Issue

- Indian Road – Profile
- Rally For VITA
- Renovation at the house
- Drop-In Art Group
- Mens Sana Dinner
- Understanding Trauma – Educational Workshop Series
- Tribute – Vince Papa



## Indian Road - Profile

Indian Road opened in the fall of 2011, in the Toronto neighbourhood of High Park. The house opened in partnership with CAMH with the goal of returning Members with chronic mental illness, primarily schizophrenia, who had been hospitalized for an extended period back to community living. This close partnership with CAMH has helped five residents leave the hospital and live successfully in a group home setting. Two members were each hospitalized for over twenty years and Mens Sana is proud that they are doing so well with the support in place. Staff at the program assist Members with their medication, appointments and some cooking needs, but most of the Members at Indian Road are independent in the community and require minimal support to complete their daily routines.

## Rally For VITA

VITA's annual Rally for VITA was back on Sunday, September 8 at Market Lane in Woodbridge. The response to this year's Rally was overwhelming. Participants from all walks of life came forward to run, roll, or walk, and show their support to the work done by VITA. Mayor Maurizio Bevilacqua and VITA's Board President Mr. Brian Naraine inaugurated the rally in front of a crowd of more than 150 people. The inclusive event was attended by staff, VITA Members, their families and community champions. VITA's Executive Director Mr. Adam Smith addressed the audience at the end of the event and commended them for their support and generosity.

A big thank you to Universal Care and all the other sponsors, donors, volunteers and everyone else who made this event possible. All proceeds raised at the Rally will go towards service delivery of Mens Sana programs.



## Renovation at the house

With our new renovated house, the Alamosa members and staff were looking forward to their annual summer BBQ. They couldn't wait to show off all the new renovations and spend some time with other Members from the Mens Sana family. This past July, we invited Indian Road and the Drop In over for our annual BBQ. This event was a great success. It was a very sunny day and both members and staff enjoyed delicious burgers, hotdogs, games, raffles and music in our backyard. Members and staff danced the day away, some of them said that they *"can't wait until next summer for our next BBQ"*.



Click [Here](#) to see more pictures from the Mens Sana BBQ

## Drop-In Art Group

The art therapy group at Mens Sana day program started in 2011 as an idea. This idea grew into a regular weekly group on Thursday afternoons from 1:00 pm to 2:30 pm. It is an open drop in group for anyone attending the program. Attendance fluctuates but it is mostly a full room.

Participants can colour, paint, draw, make jewelry, create seasonal crafts, and we have even planted plants. It is a great social group, an opportunity to talk about ideas and feelings, and a lot of fun too.



## Mens Sana Gala Dinner

For the last 28 years, Friends of Mens Sana have been organizing a fundraising dinner to support Mens Sana Programs and creating awareness about VITA and the work that it does in the community. This year's event was organized at Famee Furlane Toronto in honour of the Late Vito Bianchini, who passed away on December 10, 2018. Mr. Bianchini was the Co-Chair and one of the founding members of Mens Sana. A community champion and a visionary leader, Mr. Bianchini devoted his life to building a caring community founded in trust, inclusion and the safety of its residents.



Co-chairs of the Friends of Mens Sana Committee Mr. Sam Ciccolini, Mr. Tony Dinardo and Mr. Probhash Mondal spoke about the importance of supporting Mens Sana at the dinner. VITA's Board President Mr. Brian Naraine and Executive Director Mr. Adam Smith addressed the attendees and explained how Mens Sana has become the beacon of hope within our community. They explained how Mens Sana has set a new benchmark in service excellence for offering services to both people with mental health needs, and to their family and support networks.

A video showcasing the history of Mens Sana and celebrating 28 years of action and advocacy to create a better world was also screened at the dinner. The video was produced by Ancaster Pope, a longtime partner and advocate of VITA in the community.



All funds raised at the dinner will go towards Mens Sana programs and service. Pictures from the dinner can be found at [THIS](#) link.



# Understanding Trauma - An Educational Workshop Series

## EDUCATIONAL WORKSHOP SERIES



Every Wednesday 6:30 PM-9:00 PM  
OCTOBER 2, 2019 - November 20, 2019  
Call bruna bertonni at 416.805.3574

Psychological trauma is a major public health issue affecting the health of people, families and communities across Canada.

\*we will explore issues connected with trauma like Mental health and addiction.  
This, will identify how families and care givers can learn to heal and grow.

FAMILY SUPPORT GROUP  
VITA CLS. AND MENS SANA FAMILIES OF MENTAL HEALTH  
4301 WESTON RD. TORONTO, ON.  
416.749.6734 EXT. 246

[ WE ARE VITA ]

Psychological trauma is a major public health issue affecting communities across Canada. Register for our upcoming workshop series & explore issues concerning mental health & addiction. Identify how families and care givers can learn to heal and grow. Please note that this workshop is free to register. For more information and to register for the workshop, please contact Bruna Di-Giuseppe Bertoni, Mens Sana's support service worker/family support group facilitator at 416-749-6234 ext.246 or via email at [bbertoni@vitacsls.org](mailto:bbertoni@vitacsls.org). For more details, please see the flyer attached with this newsletter.

## Tribute – Vince Papa

### In loving memory of VITA's Community Champion Vince Papa



**“As a lighthouse stands against the tumultuous seas as a beacon of hope to sailors in distress, so too does Mens Sana act as a beacon of hope to those individuals and their families who are living the darkest moments of their lives. Knowing that there is an organization that cares about one’s wellbeing and long-term health while in the trenches of life’s darkest places, is a light of relief and hope. Mens Sana has been - for many members and their families - that lighthouse, that beacon of hope, a shelter from the storm.”**

**- Vince Papa**

It is with profound sadness that we announce the passing of Vince Papa on Saturday September 21, 2019.

Vince spent the last decade working with and championing VITA, its staff and our members both internally and externally. During that time he worked with endless passion, energy and selflessness to help us raise the profile of this organization and raise hundreds of thousands of dollars through the Rally for VITA, Paul Fluiman grand prix, the Mens Sana fundraising dinner, the U17 international soccer cup and the LIUNA bocce tournament. Rest in peace, Vince.

Help us HELP our Members to have goals and to achieve them. Let us know what you would like to read in the next issue of the Mens Sana Bulletin. Please do not forget to send us your feedback at [myvita@vitacis.org](mailto:myvita@vitacis.org).

***\*The Italian version of this newsletter will be available on request as of November 1, 2019.***