



THE ST. FRANCIS RESIDENCES

GENERAL PROGRAM DESCRIPTION

Medication and Money Management

Every morning, Monday-Friday between 10 and 11:45am, tenants come down to the office to get their medication from the nurse and cash from the money manager. This gives staff a chance to check in with tenants and address any issues they may have.

Tenants' Counsel

In each residence Fr. Walters runs a weekly tenants' council meeting. The friars regard this as a kind of therapy. "In concert with psychiatric and social services," Fr. Walters says, "the council seeks to overcome the isolation that schizophrenia can cause by bringing people together to develop communal bonds and to enhance each one's sense of human dignity."

A typical tenants' counsel agenda deals with issues concerning living together, upcoming social activities, suggestions on improving their home, maintaining the residence and ventilating complaints. And the sharing of ideas gets results. "The tenants have voted in a coffee group that meets each night," Fr. Walters points out, "an evening of bingo and an afternoon of current video releases. They plan the menus for cookouts, picnics and special parties through the year. They volunteer for house jobs, many of which they have created."

Art

Each residence has a flourishing art program where tenants can gather to look at and create original art work. Tenants' artwork is displayed prominently throughout each residence. Each residence also goes on regular trips to different museums, galleries, and other cultural events.

Exercise

Yoga, Pilates, aerobics, drumming, walking groups, dance...each residence has a different approach to help encourage tenants to stay active.

Billiards

Once a month, a group from all three residences meet up at a nearby hall to shoot pool, play darts and hang out.

Laundry Group

Once a week, tenants can come down to the office to get money and soap to do their laundry...a nice incentive to keep clean!

Breakfast and Lunch

There is a kitchen on site at each residence where tenants work with a chef to cook and serve meals for the residence... Breakfast is served for .50 cents and lunch is \$1.00...one of the best deals in town!

Movies

Once a week, tenants go to a local movie theater to see a current film. Residence 3 also has an extensive collection of DVDs which they screen in the lounge.

Night Lounge

Completely run by tenants in the evening, the Night Lounge is a time for tenants to hang out and socialize, watch television, and enjoy some coffee, tea or fruit juice together. Some tenants also organize bingo or play board games, work on the crossword puzzle, or read the paper.

Seasonal Trips

Every summer Father Tom organizes charter buses to take all three residents on trips to either Shepherd's Lake Westbury Gardens, Spruce Run, or Allaire State Park (2 summer trips, rotating each year so tenants get a chance to play games, swim, or go on guided tours.) Every Fall all three residence travel to Bear Mountain lodge to eat a thanksgiving meal, dance, and take in the fall colors on a hike around the lake