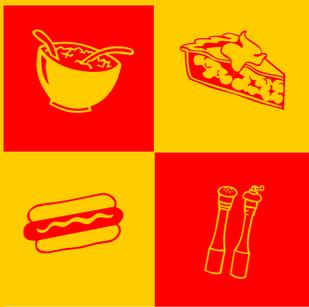


Neighbourly News



Ky's Korner; What you need to know

**Kyleigh Ossachuk-
Peer Support Worker-
Fort Frances,**

Hello everyone! Welcome to our new little project; the Peer Support Newsletter. We hope to get this out once a week (every Wednesday, if we can), just to send out any information that is helpful, important, and positive.

This newsletter is for all offices, Drop-In centers, and clients/ members across the district, and we are asking for your help. If you have any information that you would like to share, or have sent out to our peo-

ple, please send me an e m a i l (kossachuk@cmhaff.ca) and I will make sure to include the information in the next issue.

This production came about due to the COVID-19 pandemic that has recently come to light all over the world. Since we cannot always see everyone, and talk to everyone, we thought this would be a great form of communication, and fun, for everyone involved. The aim is to get the information out, and spread some cheer and positivity at the same time.



We at CMHA- FF Branch hope this finds you well, and gives you a little bit of comfort during these tough times. Always remember that we are ALL in this together, and we all have struggles. It's ok to be anxious, scared, tired, lonely, and even angry. Hang in there, things will get better.

Ontario Works (OW) update

And update was published last week about anyone who is receiving assistance from Ontario Works (OW).

There is the potential for a ONE TIME payment of \$50 available to clients

in light of the COVID-19 pandemic.

If you wish to apply for this payment, you must contact your OW worker directly. Contact must be made by you, and cannot be made by a CMHA

staff, or any other agency staff person. You need to let your worker know why the extra payment would be helpful to you (transportation, cleaning supplies, etc.) Your worker will then meet with their supervisor to talk about approval.

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Vision, Mission and Values:

- ♦ *Vision: Mental health and wellness in all communities*
- ♦ *Mission: To be a leader in the provision of advocacy, education, research, and client centered recovery based services in the Kenora-Rainy River Districts*
- ♦ *Values: Collaboration; empowerment and self-determination; diversity and social justice; accountability, integrity and transparency; innovation.*

ODSP update

ODSP has made it known that there is a ONE TIME “Emergency COVID-19” payment available for anyone who is currently on ODSP. If you are a single claimant, you are eligible for a \$100 payment, and if you are a family claimant, you are eligible for a \$200 payment.

This payment is NOT automatically given to anyone, you must make contact with your ODSP worker to be approved. If you are unable to call, or would like someone to assist you, you can contact your Commu-

nity Support worker, for assistance. If you do not have a Community Support worker, you can contact the Peer Support staff, and they will try and assist you as well.

Your ODSP worker will ask you why you think the extra payment will be helpful, so you will need to let them know what you will use it for. Make sure to let them know that due to the pandemic, CMHA services have been suspended and it would be helpful to have extra cleaning supplies, transportation to and from

any appointments, etc.

If you are approved for the ONE TIME payment, it will take about 2-3 days to be deposited into your account. Or if you do not have direct deposit the cheque will take longer, as mail services have slowed at this time.

The number for the Kenora office is 807 468 2400, or you can call toll free at 1 800 268 2970.

Do you use the laundromat?

Eventually everyone runs out of clean socks and underwear, we are all in the same boat. Are you one of the many people that use a laundromat? Have you wondered if the COVID virus can stay in and around public washing machines and dryers? Good news: we have some tips for you when you go next time.

Staying on top of your laundry can help reduce the risk of transmission

Experts say a standard detergent and hot water will help kill viruses on laundry.

of any viruses. So make sure you don't let laundry pile up and sit in your laundry basket, or on the floor. Make sure that when you do do

your laundry you use nice hot water, and regular laundry detergent to help kill anything on your clothes. When using the laundromat, be careful of all knobs and handles you are touching and practice good hand washing. Finally, consider taking your clean laundry home to fold, so you don't have to put the clean clothes on a dirty counter top at the laundromat.

Available supports for Indigenous clients/ members

Anyone who is from any band or reservation around the area is encouraged to reach out to their band during this time.

There is funding available through almost every band that can be used to provide some financial relief for band members. Each person much reach out to their own band to see

what is available to them.

Each band has different eligibility criteria for the funding. There will be different amounts of funding from different bands, and each will have their own ques-



tions, and criteria to be met, and funding will be provided at their leisure.

Please get in contact with your band to see if you are able to receive any extra supports at this time.

Care package update

As some of you may know, the Community Support staff along with the Peer Support staff have been working through the last few weeks and trying to get care packages delivered to clients and members.



These care packages are a way for us to have some contact with our clients, get them

information (such as this newsletter), and other little things that are available to each separate community.

At this point in Fort Frances, we have included bars of soap, toilet paper, little treats, a meal of some sort, reading material about the COVID-19 pandemic, information about wellness, and word puzzles.

Up to this point the reception has gone very well, and everyone seems to love seeing some friendly faces at their doors. This has been an overall positive experience not only for members and clients, but staff as well. It has been nice to get out into the community and interact with the clients that we are used to seeing many times throughout the week.

We hope to continue distributing these packages on a weekly basis for as long as we can.

What's in your beard?

Can viruses get into your facial hair? And if so, how long can it live?

Let's break it down for you: viruses can live for different periods of time on many different surfaces. As for how long it stays in facial hair, no one really knows for sure. Experts say that the virus does not last too long when out of its environment (the respiratory tract). It would most likely last in a beard for hours, rather than days.

So good news for all the beards out there! There is no need to panic. Just continue on your merry way, and do as you were.

Make sure you are always practicing good hand hygiene, and being cautious of what you are touching, and when in doubt, wash your hands. Stay safe everyone!

The amount of time a virus can live on a beard would be more like hours, rather than days.

Zoom support groups

The Peer support staff from around the district are working on trying to start up "Zoom" meetings for all of our members.

These meetings will be informal, and just a place to come and see your friends and fellow members, and have some contact with others, while practicing social distancing.

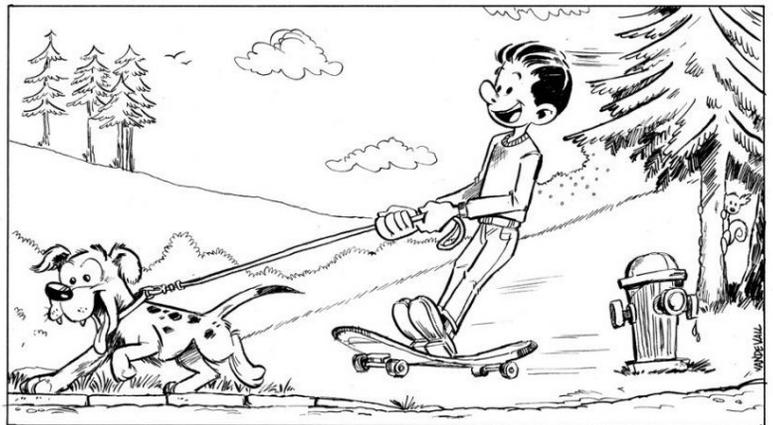
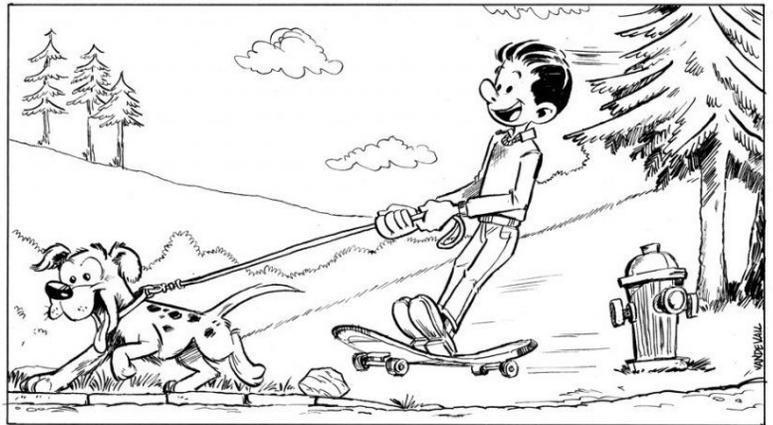
The Drop-In in Kenora has already held a "Zoom" meeting with the help of Reece, and his facilitation. We will have more information regarding the meetings, times, dates, etc. in the next coming week.

For access to the "Zoom" application, a computer, tablet, or smartphone is required, and you

must have internet or data access. It is helpful to have a microphone and webcam to be able to participate fully in these meetings, but if not, it can work. You would be required to download the "Zoom" app, or have access to the "Zoom" website, and create an account, and have access to a valid e-mail address (to get your meeting invites).

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



LOOK FOR
SOMETHING
POSITIVE IN EACH
DAY, EVEN IF
SOME DAYS YOU
HAVE TO LOOK A
LITTLE HARDER.

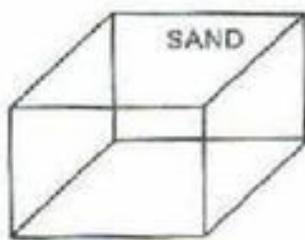
Boomsumo.com

Positive things for you to think about:

- Spring is here, and summer is coming
- The days are longer, and the sun is out more often, get that vitamin D
- The environment is slowly healing itself with everything being shut down
- The pollution levels over China have reduced significantly, and it is no longer covered with smog
- The level of volunteerism is on the rise
- Animal shelters are seeing a rise in adoption applications
- People are finding new ways to celebrate birthdays, and other special occasions

BRAIN TEASERS

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BOARD

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5. WEAR
LONG

6. ROAD
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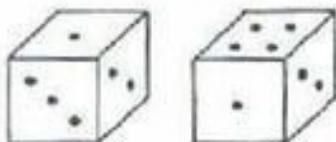
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CHAIR

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15.



16.



17.

MIND
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18.

HE'S / HIMSELF

19. ECNALG

20.

DEATH LIFE