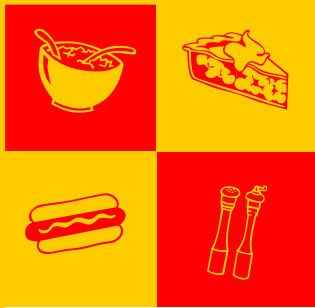


Neighbourly News

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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.*

Ky's Korner; ready, set, SUMMER!

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

What's up everyone? I hope you are all doing well, and staying safe. I know it's like a broken record, but hand washing, and social distancing is what is keeping us well right now, so please keep doing it.

Summer solstice (the longest day of the year) was this passed weekend, and it was a fairly decent day in the district. This means that the sun travels its longest path through the sky; which means we get

the most sunlight on that specific day. This little episode actually happens twice a year, once in each hemisphere of the Earth, which I found quite interesting.

The solstice is the kick off to the official start of summer. Summer then continues on until the end of September when the autumnal equinox happens, and we go into official "fall season" (which is my absolute favourite, in case anyone wanted to know).

As summer kicks into high gear, there will be more and more

opportunities to be outside, to be around family and friends, and to actually take some time to relax, and take in the sunshine and nice weather. Take advantage of this, in a safe manner, of course. Go for a swim, have a lawn visit with a friend or neighbor, have a picnic with one or two friends. If you are uncomfortable, that is ok, make sure you stay in your comfort zone, and your bubble, and continue to be safe, and smart. We are all in this together.

If you are in crisis please call the Crisis line, toll free at 1 866 888 8988.

Skull cramps; why they happen

Believe it or not, but there are over 50 causes of a headache!

Some of those include alcohol, carbon monoxide poisoning, certain foods (processed foods), changes in your

sleep patterns, poor posture, skipped meals, stress, and dehydration.

If you have a headache, start with your day, are you hungry, did you get too much or too little sleep, have you been

sitting and staring at your screen for hours? But the main one you can check on is "are you thirsty"? Drink a couple glasses of water, and have something to eat, and see how you feel before you jump right to the Tylenol.

iCBT, the new way

As the days and months pass by, and COVID-19 continues to have its effects on the world, we stop to think about how this is affecting everyone's mental health. Here in Ontario, there is a new trend on the rise called "iCBT".

"iCBT" stands for "internet-based cognitive behavioral therapy, and there are two different programs that are offered: AbilitiCBT, by Morneau Shepell, and Beacon Digital Therapy by MindBeacon.

Both iCBT programs, which offer support by professional therapists, can help people develop skills and strategies to address symptoms of mild to moderate anxiety and/or depression. The programs are available in English and French.

If you have utilized CBT before, or if you are brand new to the therapy model, it is something that everyone in Ontario can try. If you have access to the internet, are feeling a little more down than usual, and need the help of a professional, it is

there for you to try, free of charge. The government of Ontario is trying to support everyone as best they can, and this is another great tool to have.

To access these supports, go online to covid-19.ontario.ca. It is available for one full year after you sign up, you complete a questionnaire to identify your needs, and then you work away at your own pace, and have access to a mental health professional if you need that as well.

Let's be mindful

Mindful

Not a word that a lot of us think about today. However, it is something we should all start thinking about multiple times a day.

Mindfulness, for anyone who doesn't really know, is a mental

state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. Be aware of what is going on in the moment you are in right NOW.

Focus on what you see, what you

hear, what you smell, what you feel, and even what you taste. These are all things you can do on a daily basis. Whether is meditation, sitting quietly outside, washing dishes, or even taking a shower. Take in the sensations of what is going on, practice your breathing, and just relax. Start with once a day, and see if you can make it a habit for at least a month. You might be surprised.

Walk on

Do you have 15 spare minutes a day? I think right now, most of us can answer yes to that question.

What are you going to do with that 15 minutes? You're going to change your life, of course. And how are you going to do that? You are going to get outside, and go for a walk and get active.

Walking improves heart health, helps with weight loss, delays aging, improves blood pressure, lowers your risk of diabetes, increases lung capacity, lowers your sugar cravings, improves your mood, boosts immunity, speeds up digestion, and can even help prevent dementia. All of that, and MUCH more for 15 minutes of activity at least once a day.

Head outside, and go at your own pace. You are not here to run a marathon, or get a big sweat on, you just need to move your body. The benefits are endless, and it's a great time of the year to get outside. Flowers are in bloom, birds are chirping, the sun is (normally) shining, and there is no snow on the ground. Try it out, you might actually like it.

Zoom Zone

This week we have a little write up from one of the staff members in Kenora (Reece), and this is what he had to say:

Hello everyone!

I am glad that everyone has been enjoying the Zoom calls! We have had a lot of fun on Zoom, with doing an educational, peer support, and everything in between! I am so glad that everyone is having fun and we are connecting with one another

during this time, it is wonderful and I am grateful for it. In the next while, we are going to be improving Zoom.

When the pandemic first happened, we had to find creative ways to connect with one another. The Zoom has been amazing and you all make it so much fun to be a part of. We have new meeting IDs for the Zooms for this week and next; they are at the same times, Tuesday at 7pm and Thursday at 11am. Please connect with one of the staff in peer support to find out the meeting IDs and links if you would like to

attend. Thanks and have a great day!

Reece

The calendar is out, and runs from July 6th, to July 31st, with different staff facilitating each one. If you are interested, please e-mail peersupport@cmhaff.ca to sign up. You can register for as many events as you would like. Join us on July 16th to help plan the calendar for the month of August.

License and registration?

Have you been seeing different license plates around your community? Does it make you anxious? If you answered yes, you are not alone. A member got in touch with me through a peer staff and was talking about this issue.

We will start to see different license plates as things start to open up more. But we need to remember to

be kind. We don't know if that person is an essential worker, we don't know what their job is, or why they are in our little spot of Ontario. What we do know, is how to be kind. Don't approach them, stay a safe distance away, and be respectful, and just wash your hands. Put yourself in their shoes, and treat them the way you would like to be treated.



You to thank

This thank you section is going to be a little bit different, but it serves the same purpose; to say thank you. If someone has done something nice for you, let them know you appreciate it.

This thank you goes out to one of the Peer Staff in the community of Kenora; Reece.

Thank you Reece, from the staff and the members, for putting together the Zoom meetings, and educational, and keeping them going in the future. It is so nice to be able to connect with everyone in these tough times, and for that, we thank you. We hope to have you continue this trend, and with the help of the rest of the Peer staff, to make it fun and enjoyable for all.

"Thank you, Reece!"

If you have someone you want to thank, send me an e-mail, kossachuk@cmhaff.ca, or have a Peer Staff get in touch with me.

SPECIAL DAYS IN JUNE:

1st: Say something nice day

2nd: Leave the office early day

5th: National Doughnut day

8th: Best Friends day

10th: National Iced Tea day

12th: Red rose day

18th: Picnic day

22nd: National Onion Ring day

24th: Swim a lap day

26th: Take your dog to work day

27th: Helen Keller day

30th: Meteor watch day

SUDOKU PUZZLE

	2	3			4	8		
	6						7	
	5							1
		1		7			8	
			6	5		3		9
5								
7			3		8		6	
3		4	1					

Answers to last weeks Sudoku:

	1	2	3	4	5	6	7	8	9
A	2	1	3	5	4	9	6	7	8
B	6	8	9	1	7	2	3	5	4
C	4	5	7	8	6	3	1	9	2
D	9	3	1	4	5	7	8	2	6
E	8	7	2	9	1	6	5	4	3
F	5	4	6	2	3	8	7	1	9
G	3	9	4	7	8	5	2	6	1
H	7	2	8	6	9	1	4	3	5
I	1	6	5	3	2	4	9	8	7

Can you name the famous book?

1. The Geezer And The Caribbean
2. An Elm Develops From A Sapling Where The Dodgers Once Played
3. Brilliant Red Communication No One Writes Anymore
4. While I Was In The Bed Croaking
5. The Muscadines Belonging To Anger
6. Armed Conflict And The Kind of Train Cat Stevens Used To Ride
7. Out Of Here In The Current Of Air
8. The Purple Rain Singer Associated With the Rising & Falling Of The Ocean
9. Tremendous Anticipations
10. What Comes Before A Fall & Preconceived Judgement Towards A Group
11. Mitt-Wearing Home Plate Squatter Enclosed By Reuben Sandwich Bread
12. Murder A Derisive, Taunting, Feather-Covered Creature
13. An Au Revoir For Everything Inside The Shirt Sleeves
14. Y2K Minus Number Of Candles On Molly Ringwald's Cake
15. Felonies And Misdemeanors Coupled With Spankings
16. That Audio And That Rage
17. Toward What Person Or Persons A Recess-is-Over Sound Is Directed
18. One Who Domineers Over Things Stuck To The Swatter
19. Scoliosis Sufferer At The Fighting Irish School
20. Courageous Globe With The Tag Still On It
21. Pirate Loot / Counter In The Center Of A Kitchen
22. Story Of A Duo Of Municipalities
23. About Little White Rodents And Grown Boys
24. Ruby-Colored Nametag Indicating Bravery
25. The Star In Our Solar System Comes Up, Too