

# 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; we're back!

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

We. Are. Back.

Yes, it's true, the Neighbourly News is back in your care packages, and mailboxes after a bit of a break. We apologize for having to be away for so long, but we are starting things up slowly but surely again, and getting back into the offices and following guidelines. Bare with us, it will be a process.

Having to stay home, and only offer phone support for the last few

weeks has not been the best for everyone, but it was one of the only options to be able to reach out. It was not only a struggle on you (the clients and members), but it was a struggle for the staff as well. We all know times are tough, and when things happen that make it hard to provide everyone with services, we struggle even more.

So thank you, to everyone for being patient with us, and answering our phone calls when we call and check in, and making us smile and laugh. They do say laughter is the best

medicine, and there was always some of that every day.

Moving forward, we are going to be able to do some lawn visits, while practicing safe social distancing and good hand hygiene, and making sure we are not outside in the heat for too long at a time. If you would like a lawn visit, please don't hesitate to call your Peer Support office, and arrange for one.

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

## CERB update

We just wanted to give everyone an update on the CERB that people may have applied for an received.

If you are currently receiving this benefit, and the government has

found that you are not eligible to receive it, you must repay the full amount you have been given.

The government will take money from your ODSP, or OW payments, or you

will owe all the money back at income tax time, plus whatever interest and tax they charge. Please be aware that this has started to happen already, so make sure you budget accordingly for the coming months.

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## Happy Canada Day!

Happy (late) Canada Day! July 1st was Canada Day, as everyone probably knew already. All the staff here at CMHA- Fort Frances branch want to wish you all a Happy Canada day, and we hope you got to celebrate a little bit, while properly social distancing, and keeping yourself, and everyone else safe.

I have a message here from Philip, a Peer Support staff from Dryden who wanted to share his well wishes with everyone:

“Canada day is coming up and many of the celebrations and events either, are modified or cancelled. Social distancing, at play also, has many cities fireworks post-pone'd to a later date. Canada will be 153 and this is an unusual time for all of us. Every Canadian should be proud of what we have accomplished. I wish everyone a happy Canada Day, filled with BBQ's and small gatherings.



Take Care,  
Philip”

## State of emergency extended

Premier Doug Ford had stated that he has been in contact with the Chief Medical Officer of Health, and he has decided to extend the State of Emergency in Ontario until at least July 15th.

The additional time added to the State of Emergency provides Ontario with more time, flexibility, and the necessary tools to safely

and gradually allow more places to reopen, while continuing to support frontline health care providers in the fight against COVID-19.

Please be respectful of this, as everything slowly continues in the phase re-openings. Be patient, and be kind.



## Quarantine isn't all bad

Not everything that is coming out of quarantine is bad. There are many positive things to look at, and many positive things that we have learned to do in our daily routines.

One of those things is that we are spending less money on things we don't really need. We are more conscious because stores were

closed, and we managed just fine with the things that we had on hand.

We are also slowing down, and putting less pressure on ourselves every day. Taking more time to put family and friends first, and really start to appreciate the important things in life

We are also spending more time in nature, and growing our own fruits and veggies. Spending time with nature and having a garden to nurture gives you a sense of calm, and a sense of purpose.

Let's look at the positives, and not always the negatives of what is going on around us.

## Zoom Zone

Hey everyone, just an update on the Zoom this passed week. We have started the new calendar as of this week, and there are so many activities to choose from. 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](mailto: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.

If you want to give your input, we would really love for you to come to this planning meeting, and help us plan. We want to have something for everyone, and we can't do that without YOUR help.

The Peer Support staff is asking you all to please REGISTER for the session(s) that you would like to attend. Use the email address listed previously to let us know if you will be joining. If there is no one registered, the sessions will end early, and will not start again until

the next one comes along in the calendar. The Peer Staff need to know so we can plan for the session, and to give courtesy to any guest presenters that we may have.

We look forward to seeing you throughout the month of July, and into the month of August. If you have any questions at all, feel free to get in contact with your local Peer Support staff.

## Fire burning

Thanks to the super hot weather, and the few thunderstorms we have had in the last few days, the Ministry of Natural Resources has had a busy few days.

There are a few new forest fires burning in the area that they are trying to keep under control. As of right now, there is no fire ban in the area, but the forest fire risk is high.

Make sure if you are having a fire, that it is completely out, and no hot spots, or burning embers. Make sure you are burning in a controlled fire container, like a fire pit. Be aware of your surroundings, and look for dry brush piles, and dead trees, and stay away from those areas. And the number one thing; if it's windy, DON'T burn. If you see a forest fire you can call 807 310 3473 to report it.



## Thanks!

The thank you section this week has one thank you I would like to hand out, but not really hand out, more like shout out, because we have to keep our distance.

A big thank you to the CMHA- FF management team for getting things going again, and getting all of the staff the proper protective gear we

need to go out and see our clients and members. Without this equipment, our jobs would be much more difficult, and a bit more unsettling for staff and clients.

Look for us this week 6 feet away doing deliveries and visits in our masks and face shields. Thank you management!

**"Thank you, everyone!"**

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

**BOOK ANSWERS:**

1. The Old Man and the Sea
2. A tree grows in Brooklyn
3. The Scarlet letter
4. As I lay dying
5. Grapes of wrath
6. War & Peace
7. Gone with the wind
8. Prince of Tides
9. Great expectations
10. Pride & Prejudice
11. Cather and the Rye
12. To kill a mockingbird
13. Farewell to arms
14. 1984
15. Crime and punishment
16. Call of the wild
17. For whom the bell rolls
18. Lord of the flies
19. The hunchback of Notre Dame
20. Brave new world
21. Treasure Island
22. A tale of two cities
23. Of mice and men
24. The red badge of courage
25. The sun also rises

**SUDOKU PUZZLE**

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

**Answers to last weeks Sudoku:**

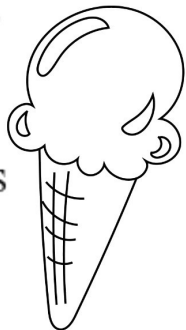
	1	2	3	4	5	6	7	8	9
A	1	2	3	7	9	4	8	5	6
B	8	6	9	5	1	2	4	7	3
C	4	5	7	8	3	6	2	9	1
D	6	3	1	4	7	9	5	8	2
E	9	4	5	2	8	3	6	1	7
F	2	7	8	6	5	1	3	4	9
G	5	8	6	9	2	7	1	3	4
H	7	1	2	3	4	8	9	6	5
I	3	9	4	1	6	5	7	2	8

# Summer Fun Word Search

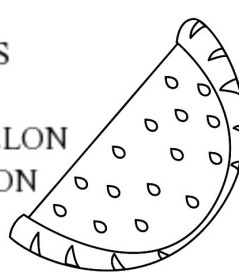
Find all the words!

G F I J R T I I P E C G R V G L Z P O C  
V L K E T T O R F V W C T I Q J N Q A W  
W A T T V Q K C C X O H I D S C M W K G  
E A I J S P R H V S B L K M K F G A I K  
W C C S L E N B A G C C L Y I E Z T S Z  
H P E K A P G N V L N U S E T I K E K A  
D O G M G I D H P X U G Y B Y R X R K Y  
O P F T F C F N B H C A E B A B X M E T  
T S A Y A N P Y P V D Q N P B P A E N K  
H I F S C I F N X E N F V X O S J L I T  
J C T L P C X G M L F Z D O V E X O L D  
M L Q W T B O S N O O L L A B L C N O O  
E E Y J B L L A B E S A B C Q B V J P E  
Q D T B F F I R E F L I E S I K W L M E  
M M V D Z N K U X I S N O T N I M D A B  
J T E Z I F B U T T E R F L I E S J R S  
G D U M I A L R P K Y Y H J K B D M T I  
A P W M X N C O S X A Y B O V U A V C R  
G E F D F Z Z H Y I T L A L Z Q M D X F  
D S J A X Y E D A N O M E L T K M M Y U

VOLLEYBALL  
WATER  
CREAM  
LEMONADE  
BUTTERFLIES  
MINI  
FIREFLIES  
POOL



FRISBEE  
BALLOONS  
BEACH  
WATERMELON  
BADMINTON  
GOLF  
POPSICLE



KITES  
ICE  
SANDCASTLE  
PICNIC  
PARK  
BASEBALL  
TRAMPOLINE

