



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; are you with me?

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

Issue 12 already! I had no idea once I started this, that I would have put 12 issues out. Thank you all for reading every week, and for the people who have sent things in to be published or talked about. Please keep sending things. I don't always respond, but I read everything you say, and it always puts a smile on my face.

I need to get a little serious here for a minute; is anyone else scared and anxious about the province

starting to re-open? Because I will tell you that I am. I worry for my family, my friends, my co-workers, and even you guys, members, and clients that I get to work with.

Look how far we have come, look at all the "work" we have done to keep ourselves safe. I worry that it only takes one person to loosen up on the distancing and hand hygiene, and COVID-19 will spread like wildfire everywhere.

I know that all I can do is protect myself, and my immediate family, and everyone around me, so

that is what we have to do. We have to think about ourselves, and we keep doing what we can do, and continue to stay safe. As hard as it is, we can't fix or worry about everyone else, it will hurt us mentally, which will then hurt us physically.

Anxious and scared is ok, but I know that we have to carry on, and keep our heads up. We have all come this far, and we have farther to go still. Let's do it.

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

CERB update

Another update for anyone who has received the CERB and who is NOT eligible.

The government will be starting to take that money at any point now, and it has already

started. So do not be shocked if it has already started to come off of your monthly ODSP, or OW.

Also, if you are in a housing program, and you have CERB and are

NOT eligible, your rent is going to increase. You are responsible for reporting your extra income to housing, and you are responsible for covering the rent increase that will be added to your current monthly rent.

It's bear season

If the blueberries are out, then chances are, the black bears are too.

Living in NWO, we are all familiar with the black bears, and know enough to keep ourselves safe. But it is always nice to have some reminders and tips and tricks.

Picking blueberries is a great activity to do during the pandemic, as you can keep your distance as much as you want in the bush,

there is no one around, and you can enjoy the peace and quiet that nature has to offer. But you need to remember where you are, and who's territory you are in; black bear territory.

If you come across a bear, make as much noise as you can, and make yourself look big. Stand up, put your arms out and yell at the bear, chances are it will back away, and when it does, you can leave the area, and find another place to go.

Don't ever get in between a mother bear and her cubs; you always need to be aware of your surroundings, and what is going on. If something doesn't feel right, take a look around, or move to a new berry patch.

Don't ever feed bears, don't leave garbage out unless it's in a bear proof garbage can, and always clean up after yourself if you have had a picnic. Leaving garbage behind will attract bears to those public places, and can cause trouble.

Stage 3 of phase 2

The Ontario government is expected to announce that parts of the province, including Northwestern Ontario, will be able to make the move from stage 2 of phase 2 to stage 3 of phase 2.

There are a few changes that that will bring forth, including being able to have larger gatherings of people both inside and outside, it will have

different meanings for restaurants, and other smaller business's, among many other things.

While this is all very good news, and very exciting news, there are a few things that are not going to change. First thing is first, the Drop-Ins will NOT be re-opening. There is no way for us to keep everyone six feet apart at all times, and to keep up

with all the cleaning that has to be done, and the screening that has to be done. Keeping your social distance will also not change, you still need to be at least 6 feet away from the person(s) next to you. You still are strongly encouraged to wear your mask when you go out and are in public. You also need to keep washing your hands and sanitizing. We have worked hard to flatten the curve, let's not ruin all of that.

Creative time

Do you like to get creative? Do you miss having the chance to talk with your friends, and fellow members while you are creating something, or working away at something?

We may be able to help fill that gap a little bit with our "Creative Group".

Join us every SECOND Friday for a chance to sit, and create with your friends, and familiar faces. Feel free to knit, colour, paint, do word puzzles, or anything else that you feel is creative. Please sign up with the email address provided, so we know that you are coming to create with us. Let the creative ideas flow, you may even find yourself a new hobby, you never know.



Zoom Zone

We are into the second week of the new Zoom calendar for Peers, and we haven't got as much participation as we thought we might.

With the input from you guys (our members and clients) we wanted to make this happen so we could connect on a different level, rather than just on the phone. This happened to better serve you guys, so help us out by participating in one, or as many as you would like.

Please make sure you register ahead of time, so we know you are coming to join the session. You can register yourself by sending an e-mail to peersupport@cmhaff.ca and let us know what session(s) you would like to be a part of.

This is a great way to talk and interact with others, and get your mind off of everything else that is going on right now. We hope to see you soon.

Another little reminder for everyone; if you would like to schedule a "lawn visit", please do not hesitate to get in contact with your local peer support office. We will work around your schedule, and get a visit in, as long as the weather cooperates, of course. We are here to try and do what we can to make things as close to normal as we can get. The Drop-Ins will be closed for a while yet, so right now, this is how we are going to have to do things for the foreseeable future. Call us if you need us.

What is chair yoga?

Chair yoga, it's a thing.

As part of the monthly Zoom calendar, Donna, from the community of Fort Frances, is doing Chair Yoga.

What is chair yoga? You will have to register, and come and check it out on Tuesday's. The e-mail address is peersupport@cmhaff.ca. Make sure

you pre-register, so we know you are going to participate. If no one is on a half hour after starting, the session will be cancelled.

Hope to see you there with us.



TUESDAY'S 10:00 AM TO 11:00 AM ON ZOOM

CHAIR YOGA

On Tuesday's we will have yoga that can be done in the comfort of your favourite chair while clearing your mind and promoting gentle movement.

For the zoom link for this event contact: peersupport@cmhaff.ca

Thanks!

Check the garden, doesn't it look great? That little plot is in the community of Dryden, and the location of this weeks "Thank You".

Sending a big thank you out to Philip and the members and clients in Dryden for planting this lovely plot, and for watering it, weeding it, and keeping it growing strong and

steady. Without you, it wouldn't be where it is right now. Keep up the good work everyone, it looks amazing!

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.



MOVIE TRIVIA:

Q: What was the first feature-length animated movie ever released?

A: Snow White and the Seven Dwarfs

Q: The head of what kind of animal is front-and-center in an infamous scene from The Godfather?

A: A horse

Q: In what 1976 thriller does Robert De Niro famously say "You talkin' to me?"

A: Taxi Driver

Q: For which 1964 musical blockbuster did Julie Andrews win the Academy Award for Best Actress?

A: Mary Poppins

SUDOKU PUZZLE

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

Answers to last weeks Sudoku:

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



Summer Word Search

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

RELAXATION
TRAVELING
HOT
SUNSHINE
POPSICLE

BARBECUE
OCEAN
BEACH
SUNBATHE
GRILLING

VACATION
SWIMSUIT
AIR CONDITIONING
SWIMMING
ICE CREAM

WATER PARK
LAKE
POOL
CAMPING
SPEEDBOAT

