

# Neighbourly News

Volume 1, Issue 13

Wednesday, July 22, 2020



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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; first Zoom session

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

What is everyone doing? Probably the same thing you have been doing for the last 5 or so months? Yeah, same here. Anyways, let me get right to the point. This is newsletter number 13! This is going to tie in nicely with Ky's Korner this Friday on Zoom.

I have been asked a few times about what I am going to chat about, and I figured I would just "let the cat out of the bag" via the newsletter this week.

Do you have superstitions? Are you scared of the number 13? Do you go around black cats? Do you step on the cracks in the sidewalk? Do you have certain routines that you have to do before certain events?

I will tell you that I have a few superstitions in my life that are borderline weird. But I can't help it, it is me, and I have been doing most of these things since I was young. Lots of them revolve around sports, and routines, and such, but some involve my every day life.

So in a nut shell, that is what Ky's Korner will be about on Friday. Superstitions, routines, black cats, the number 13, and other things to go with that.

I hope to see everyone there, and remember, please sign up by emailing [peersupport@cmhaff.ca](mailto:peersupport@cmhaff.ca) so we know you will be coming.

Be safe, be kind, wash your hands, and drink your water.

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

## CERB update

Another CERB update for everyone.

The government has started to take back the money from anyone who was not eligible for the CERB. It will come off of your ODSP cheque every

month until it is all paid back, and you will be subject to paying all the taxes by tax time next year.

If you are in any housing programs, your rent will increase if it hasn't

already, and you are responsible to pay that. Housing will not be subsidizing any extra money.

If you are NOT eligible for CERB, please do not re-apply for it.

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## Heads up; opioid alert

There have been several opioid overdoses in the Fort Frances area in the last week. The Northwestern Health unit has sent out some information, so we would like to share it with you.

The Northwestern Health Unit is advising that there have been reports of an increase in opioid overdoses in Fort Frances, and surrounding areas in the past few weeks. It is believed to be fentanyl that has been mixed in with other drugs that are causing these

overdoses. The NWHU is strenuously urging all citizens to be mindful that certain substances currently circulating within the drug subculture can be fatal if consumed. The likelihood of having an overdose with these types of drugs is VERY high, so if you are using, please be safe, and be aware of your surroundings.

To help prevent an overdose, and the spread of infections, here are a couple of things to remember: do not share any paraphernalia, let

someone know when you are about to use, so they can check on you, use one substance at a time, or if you are mixing, use less of each substance, and get a Naloxone kit and have it handy just in case.

Naloxone kits are available at any health unit, and they can help save lives. If you, or someone you know has overdosed, call 911 immediately, if you are able, and stay until help arrives. Be smart, and stay safe. Look after each other.

## Conference postponed

The Conference Committee has had a chance to finally meet, and we have made the decision to postpone the annual conference until the spring of 2021 (tentatively).

The decision was made based on the current pandemic situation, and the rules that follow the phases and stages of re-opening according to the Canadian government. We felt

that it would not be safe to put you guys (members and clients), the CMHA staff, the hotel staff, and the presenters at risk.

As of right now, there is no date set in stone, but we are aiming to have the conference in the spring of 2021, so just about a year from now. Again, this is tentative, because many things can happen in

a year, but that is what we are looking at.

The committee will meet again in the future, and we will start to put things together, and have things take shape. We will keep everyone posted on anything that comes up, and we apologize for moving the dates again, but we need to be safe, and smart.

## International self care day

Well if this isn't the perfect day for everyone right now, I'm not sure what is.

July 24th, 2020 is International Self-Care Day, which aims to raise public awareness of the importance of self-care to stay healthy and prevent or delay illness.

Mental well-being is recognized as a pillar of self-care. Prioritizing self-care can increase resiliency, which can be helpful when faced with problems, stress, and other difficult situations. Many mental health programs provide strategies to improve resiliency skills like problem-solving, assertiveness, balancing obligations and expectations, and developing

support networks.

Everyone here at CMHA- FF branch believe that self care is VERY important, and we want you to practice it every day. Go back to old newsletters, there are many forms of self care in those pages, and they will help. As always, we are here as well, just call.

## Zoom Zone

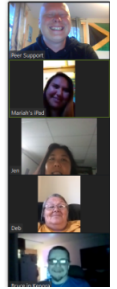
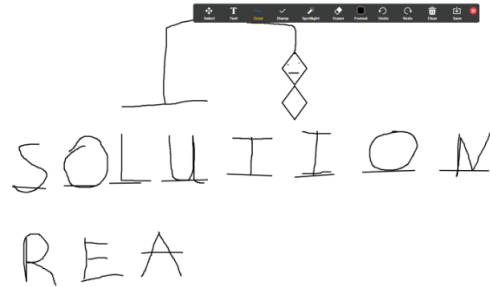
Week three of the Zoom calendar has officially finished and we had a few different things going on.

Here is a little message from Reece:

“We are having fun on Zoom! The Drop-in groups have been great. The members requested we play a game of hangman, so with a little screen-sharing we were able to do so on the Whiteboard that is featured! Zoom is what you make it; we are all having fun and lots of

laughs, but we need everyone to get involved! It is not possible without everyone’s continued involvement.

Please e-mail [peersupport@cmhaff.ca](mailto:peersupport@cmhaff.ca) to participate in our groups. We would love to see you on the many activities we have featured on our Zoom



## Creative/ Hobby group

It’s often difficult to set aside time for ourselves and indulge in activities we enjoy. Whether it be working full time or studying full time, it has become harder and harder to simply relax.

Having a hobby is a great way to spend your spare time and unwind from your daily routine - whether this be something artistic, learning

or playing an instrument, reading, photography or taking part in a particular sport.

Spending time on activities that you enjoy can help improve your mental health and wellbeing. Research shows that people with hobbies are less likely to suffer from low moods, stress and depression.

There are many health benefits in setting aside some time for activities that you enjoy.

Join us for Creative group every second Friday of the month (the next one is July 31st). Please sign up at [peersupport@cmhaff.ca](mailto:peersupport@cmhaff.ca) so we know you are going to join us.

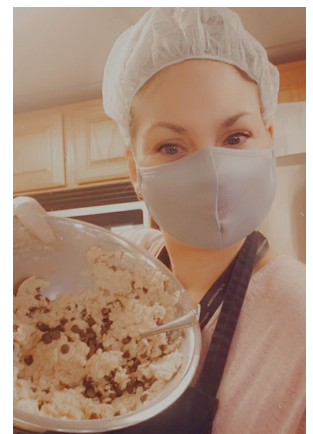
## Thanks!

Look who we have here baking up a storm!

Thank you Jennifer (Peer Staff in Dryden) for putting your baking skills front and centre and whipping up a batch of chocolate chip cookies. If you are delivering, I’m sure that everyone across the district would love to have a few

dropped off with them! I know that Fort Frances would be your testers anytime. Thanks for all your hard work, it is greatly appreciated.

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.



### MUSIC TRIVIA:

Q: Which singer is a godmother to Elton John's two sons?

A: Lady Gaga

Q: The Rock and Roll Hall of Fame is situated in what US State?

A: Ohio

Q: What pop singer is known as "The Material Girl"?

A: Madonna

Q: Which Beatle had dyslexia?

A: John Lennon

Q: Ace Frehley is a member of which iconic rock band?

A: KISS

Q: Who is Miley Cyrus' famous godmother?

A: Dolly Parton

### SUDOKU PUZZLE

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

### Answers to last weeks Sudoku:

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

# At The Ocean

## Word Search Puzzle



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



BEACH	SAILBOAT	STARFISH
BOARDWALK	SAND	SURFERS
CRAB	SEA LION	SWIM
DOLPHIN	SEAGULL	TIDE
JELLYFISH	SEAWEED	UMBRELLA
LIFEGUARD	SHARK	VOLLEYBALL
PELICAN	SHELLS	WAVES
PIER	SNORKEL	WHALE