

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;

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

It's ok not to be ok, and we don't need to fake it. If you are struggling, that is nothing to be ashamed of. People may think "it's no big deal, just get over it". That is FALSE.

You are allowed to feel your own feelings, and no one else gets to tell you how to feel. Everyone has got problems, struggles, and hard times. No one can tell you that your issues are less significant than anyone else's, because they are your own.

The little picture down below shows a little about "faking it when you are not ok". Struggling and asking for help doesn't make you weak, insignificant, or a "loser". Asking for help is probably one of the hardest, and most brave things someone can do. It is not easy to ask for help. But it is OK to ask for help.

Remember that. If someone reaches out to you for help, it takes guts, and you need to take it seriously.

You only live once, and you

need to make it count, and you need to live life so you can be happy. Going through life miserable and unhappy is not fun. Take care of yourself.

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

People Don't Fake A Mental Illness, They Fake Being "Okay":

- They **smile** when going through hell
- They say "I'm busy" when having a **mental breakdown**
- They **joke** and make others laugh because they know what it's like to **feel nothing**
- They **empower others** in their low moments because they know what it's like to **feel worthless**
- They **work hard** and uphold their responsibilities only to **collapse** when they get home
- They always **care for others** because they know what it's like to **struggle in silence**

Often their biggest fear is **being a burden** - so if someone does reach out, please don't dismiss them for **attention seeking**. It's because they really need **support**

♥ Please Share To #BreakTheStigma @RealDepressionProject



CERB update

Another CERB update for everyone.

If you are getting CERB, and you are NOT eligible, please, for your own protection, CANCEL it immediately.

If you are on ODSP, or OW, you CANNOT be getting CERB as well. The government considers that to be lying to the government, and you could get fines, jail time, and other penalties.

Do not re-apply for CERB if you are already on another form of social assistance. Be aware that the government will take back everything you have received to date. You are responsible to follow the directions.

Support available

Are you feeling worn out? Tired? Anxious? Just not yourself? We have another resource to add to your toolkit to help you through the tough times.

This website (<https://ca.portal.gs>) is called “Wellness together Canada”. It is a mental health and substance use support website that can give you some supports.

The website is free, it is for anyone and everyone, and accessible 24

hours a day, 7 days a week. This website will help you get connected to mental health and substance use support, resources, and counselling with a mental health professional.

There are resources for adults, and young children, so if you have a younger child in your family, or extended family, you can show them this website, and they may be able to get some help as well if they need it. Please share this information with anyone who you think may need it.

If you are an adult, and are looking for crisis support you can text WELLNESS to 741741 and someone will get in touch with you.

If you are a front line worker you can text FRONTLINE to 741741 and they will help you as well.

Take the first step in improving your mental health and wellness.

Have you filed your 2019 taxes?

Are you a little late filing your 2019 income taxes? Forgot to file? Didn't think you needed to file?

The Canada Revenue Agency (CRA) has extended the deadline to file your taxes to September.

Originally the deadline is in April, but due to the pandemic, it was extended into June. However, in a

recent announcement, the CRA says you now have until September 2020, to file, and pay anything owing without penalty.

Remember, no matter what your financial situation is, you need to file your income tax to be eligible for any extra benefits you may get (trillium, GST/HST, Canada Child Benefit).

If you have all of your information, and would like your taxes done, contact your Peer Support staff, and they will point you in the right direction. Some taxes may even be able to be done by one of the staff, if they do taxes. If they cannot do your taxes in the office, they will help you find someone, or somewhere that will.

Happiness

I know that I have talked about this before, but I honestly don't think it can be talked about enough.

We have to get as many smiles, as much laughter, and as much happiness that we can these days. There is a little picture to the side that lists the 4 major happiness chemicals that we can't ever get

enough of, and little ways to release them from our brains. Let's try this week to let the dopamine, serotonin, oxytocin, and endorphins flow. Your brain and body will thank you, and you will feel so much better. Just do the little things. They make all the difference in the world. Give it a shot.

Happiness Chemicals and how to hack them

| | |
|---|---|
| DOPAMINE THE REWARD CHEMICAL | OXYTOCIN THE LOVE HORMONE |
| <ul style="list-style-type: none">• Completing a task• Doing self-care activities• Eating food• Celebrating little wins | <ul style="list-style-type: none">• Playing with a dog• Playing with a baby• Holding hand• Hugging your family• Give compliment |
| SEROTONIN THE MOOD STABILIZER | ENDORPHIN THE PAIN KILLER |
| <ul style="list-style-type: none">• Meditating• Running• Sun exposure• Walk in nature• Swimming• Cycling | <ul style="list-style-type: none">• Laughter exercise• Essential oils• Watch a comedy• Dark chocolate• Exercising |

Zoom Zone

The last week of July is here, and that means the first month of our Zoom calendar has come to an end. Here is another message from Reece, the Zoom Wizard:

“Hello everyone! Thank you all for a good first month of the Zoom calendar! With July coming to a close, our August calendar will be coming out soon. Please e-mail peersupport@cmhaff.ca with the events you would like to attend. I would like to take this opportunity to thank every staff and member

who has participated in Zoom thus far. It has been very interesting changing with the times during this pandemic and introducing things like Zoom as new ways for us to keep in touch. I am truly grateful for all the smiles, laughs, and good conversations that have come out of these times, not only on Zoom, but in general; I think this shows how resilient we all can be. Thank you to all the staff who have logged in, put on groups, and for all the time spent dealing with Zoom in general, thank you! And last but not least, thank you to all the members for

connecting and engaging. I am grateful. Thanks. Here is a picture of our Bingo session we had in Kenora. Next month we will be opening it up district-wide! Make sure to reserve your spot! With gratitude, Reece.”

Look for the new Zoom calendar coming up right away. If you don't get a copy, make sure you contact your Peer Support Staff and they will get one out to you ASAP.

Important Zoom this week

If you are on ODSP, then you might want to mark your calendars for this Thursday, July 30th, and hop onto Community Connections with us.

This week there will be a representative from ODSP there to chat with you and answer any questions you may have. It will be a great Zoom session for anyone to

attend even if you don't have specific questions, you may get some information that may help you.

Think about joining us, and sign up at peersupport@cmhaff.ca so we know how many people will be there.



ODSP

Ontario Disability Support Program

Coming soon!

We like to spruce things up here every once and a while, so we have a new little section coming. Get excited everyone.

It's going to showcase all of the Drop-In's from all the communities, and all of the staff that works there. This little section will be helpful for everyone who has

never met some of us before and would like to put a name to a face. If you use Zoom, you will know which staff are from which community, and a little bit about them.

It will also showcase our Drop-In, and what we do, and how we do things in our own community. Since none of the Drop-In's are the same,

this will be a way to see what happens, and what we are all doing during the pandemic.

Also, 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.

BOOK TRIVIA:

Q: What was Stephen King's first published novel?

A: Carrie

Q: Who is the best-selling fiction author of all time?

A: Agatha Christie

Q: Which British prime minister was awarded the Nobel Prize for Literature?

A: Winston Churchill

Q: What title did Jane Austen originally give to the book that was eventually published as Pride and Prejudice?

A: First Impressions

Q: Which fictional book character has featured as a major character in more films than any other?

A: Sherlock Holmes

LOGO QUIZ

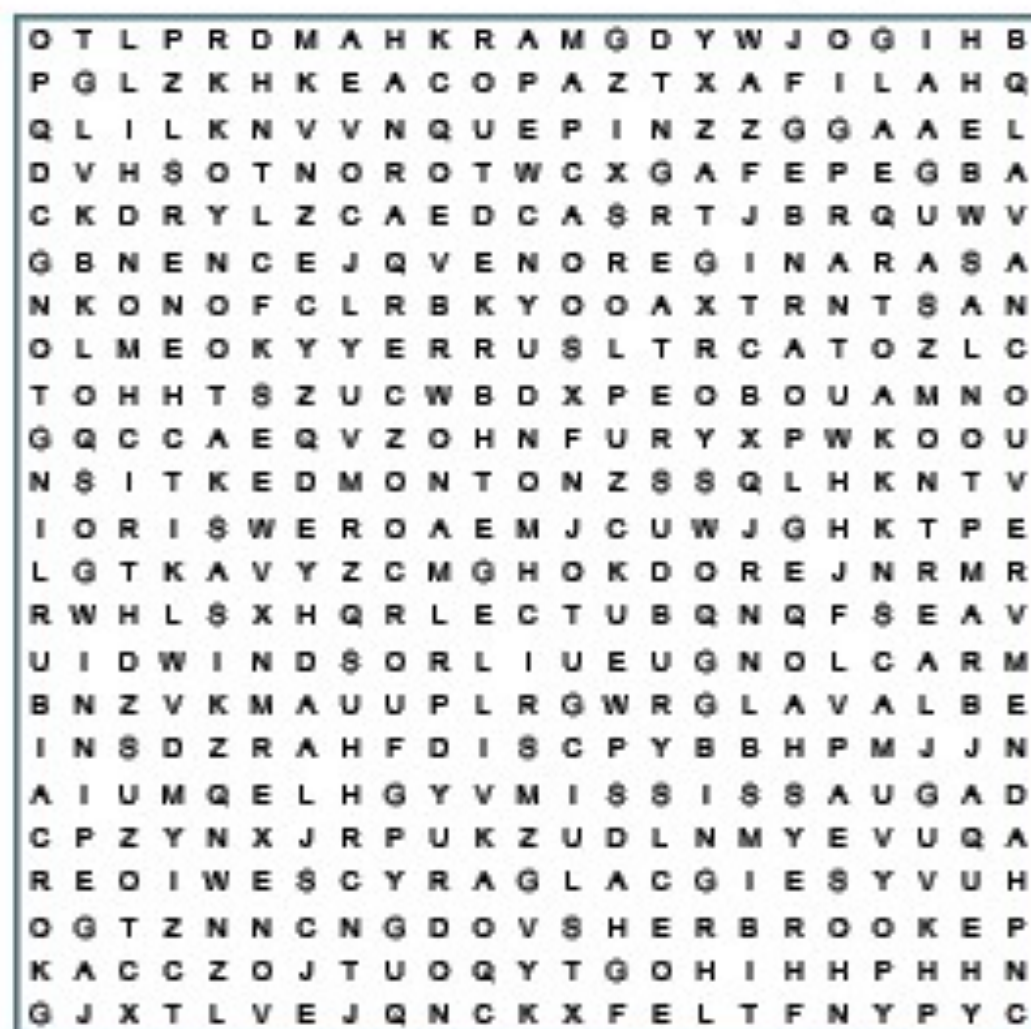


Answers to last weeks Sudoku:

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

Canadian Cities

DIRECTIONS: Find and circle the city names in the grid. Look for them in all directions including backwards and diagonally.



- BRAMPTON
- BURLINGTON
- BURNABY
- CALGARY
- EDMONTON
- GATINEAU
- GREATER SUDBURY
- HALIFAX
- HAMILTON
- KITCHENER
- LAVAL
- LONDON
- LONGUEUIL
- MARKHAM
- MISSISSAUGA
- MONTREAL
- OAKVILLE
- OTTAWA
- QUEBEC CITY
- REGINA
- RICHMOND
- RICHMOND HILL
- SASKATOON
- SHERBROOKE
- SURREY
- VANCOUVER
- VAUGHAN
- WINDSOR
- WINNIPEG



TORONTO