

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; opportunity knocks

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

Issue number 15! What?! So cool to have gotten this far, and I'm excited to keep writing, and sharing things with everyone. I enjoy spreading some laughter and smiles, and important information that we can all get on board with. There is no FAKE NEWS here!

I just wanted to take the time to thank everyone who reads this little masterpiece I have going on here. I know that times are tough, and so much different than

what our "normal" used to be. But I do have to be thankful a little bit because this pandemic has given me the opportunity to do something that I really enjoy doing, and that is writing. So to have to opportunity to write for everyone, and have such positive feedback from my fellow staff members, and my peers from all of the communities is something that I will cherish as long as I can.

I appreciate every message that I get, and I appreciate all of the suggestions that I get as well. If you have a suggestion, PLEASE, do

not hesitate to send me an e-mail (kossachuk@cmhaff.ca) or contact your Peer staff and tell them you would like to submit an idea for the newsletter. I want to talk about the things that you want to hear about. I know that you guys are just as creative as me, and I know there are things out there that interest everyone, and I want to learn just as much as the next person. I am always up for new topics and education. Send it my way! Have a great week!

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

Overdose concerns

Concerns are rising still over the distribution, and use of new fentanyl drugs. There have been several overdoses in the NWO district recently, and the Thunder Bay police say there is another new drug in the area.

Pink Down/ Pink Dizzy is a potent fentanyl based drug that is resistant to Narcan/ Naloxone. Due to its potency and resistance to Naloxone, there have been several overdoses in the area, and the attempts to use

Naloxone have not been successful.

If you are concerned about anything drug related going on in your neighbourhood, you can contact the police or Crime Stoppers.

Kenora Emergency Shelter

If you live in or around the community of Kenora, and you need a place to stay, the Kenora Emergency Shelter has just been opened. It is located in Kenora at 430 Second Street South, or you can call them at 807 468 5032. The shelter is open from 9pm to 7am every day.

The shelter is a 44 bed, low barrier place to go if you are homeless or underhoused, and living in the Kenora area. The facility offers a warm, safe place to stay, snacks,

drinks, and toiletries.

The facility, that is operated by CMHA- Kenora branch, in partnership with the Kenora District Services Board, also offers connections to mental health, addictions, employment, and housing supports.

All shelter rules must be followed, and physical or verbal abuse will NOT be tolerated. Drugs, including cannabis, alcohol, and other

intoxicating substances are also NOT permitted. The intake process starts around 8:30pm, and at that point you will be assigned a random bed number, and asked to store ALL of your belongings in the locker assigned to you. No one will be admitted into the shelter after 11:30pm.

For a full list of rules, feel free to give them a call, or stop in during the hours of operation and speak to one of the staff.

Kenora strengthening community safety

Some news coming out of the Ontario government hit my inbox last week, and I thought it was important information to share with everyone.

The Ontario government is investing \$800,000 to support the creation of a one-year pilot project with the Kenora Bear Clan Patrol that will strengthen community safety and

well-being for the community's most vulnerable.

The Kenora Bear Clan Patrol will operate 24 hours a day, seven days a week, to assist vulnerable and at-risk residents who are experiencing homelessness and living with mental health and addictions issues.

The Patrol will serve as an intermediary between the Ontario Provincial Police (OPP) and local crisis response services and will provide a range of services such as transportation to a hospital or treatment centre, providing basic resources such as food and water and helping people find shelter.

A note from Jill

Since we have a few staff members participating, and facilitating Zoom groups, I have a little message here from Jill, who is a staff member in Kenora. She wanted to let everyone know what is going on, and how things are going:

“In the last few weeks, Peer support has been doing a drop in on zoom

Fridays from 2-4pm and Saturdays 1030-12pm with me. We have been having a fun time together talking and playing wheel of fortune and hang man.

These games have brought us some good laughs, and helped open up some fun conversation in the group. The members like to joke about my

drawings during the hang man game, as they are a work in progress while I learn to use the white board on zoom.

We hope to see our members join us on zoom, as it brightens the day and brings smiles to all.”

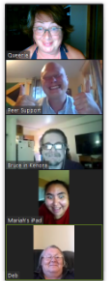
Zoom Zone

As you can see from the picture this week, the Zoom Zone got kind of interesting.

I believe the game was some sort of “Pictionary”/ “Charades” and I think the word may have been “Reece”? I’m not sure, but either way, check out the smiles on everyone’s faces. That is what we like to see; smiles and participation.

If you want to join in on the fun, make sure to check out the

calendar, and send the peer staff an email, or give your local office a call, so we can get you signed up, and give you all the information you need to log into the session. Our email address stays the same, so keep it written down somewhere in case you need it: peersupport@cmhaff.ca



Mask policy for Fort Frances

In an announcement from the Northwestern Health Unit, as of August 17th, masks will be MANDATORY in all public places in the area. Any time you are in a public place you must wear a mask, and there are NO exceptions.

As communities reopen, there is an increased risk of transmission of COVID-19 due to opportunities for

close contact with others. By wearing masks when in indoor public spaces, we can reduce the spread of COVID-19 and increase the likelihood of local businesses being able to stay open by keeping our case numbers low.

NWHU hopes this approach will normalize mask use in advance of a potential second wave of the virus

later this year. The use of face coverings must be paired with the other personal protective measures including physical distancing, hand washing, avoiding touching your face, and staying home if you are sick.

CMHA- FF staff will continue to wear masks for outreach visits.

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.

LOGO QUIZ ANSWERS:

Answers from last weeks quiz going across the top row, and going left to right for every row after:

1. McDonald's
2. Twitter
3. Nike
4. Hello Kitty
5. Pepsi
6. Amazon
7. Facebook
8. xBox
9. Shell

SUDOKU

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

Horoscopes:

ARIES

'Talking up a storm' isn't just a metaphor. Your news could generate electricity.

TAURUS

Whoa, there! Why are you rounding those curves at way-too-fast speeds? Slow down!

GEMINI

This is a great day for no follow through: relax and let things slide.

CANCER

It feels like everything is just too dang complicated. Be calm! Now do it -- slowly!

LEO

You're thinking up a storm. You're soaked in smartness. And struck by brilliance.

VIRGO

You don't want to miss something important. Go over all the details, one more time.

LIBRA

Find someone you can talk to and then get talking! Tell them what's on your mind.

SCORPIO

Risk is your middle name. Or it should be. What are you risking today, anyhow?

SAGITTARIUS

There's a lot of talking going on, and not a lot of action, but that's fine by you.

CAPRICORN













If you aren't feeling your feet firmly planted, you might want to change that.

AQUARIUS

Well, you're just so hot you'd better make sure you have a bottle of water!

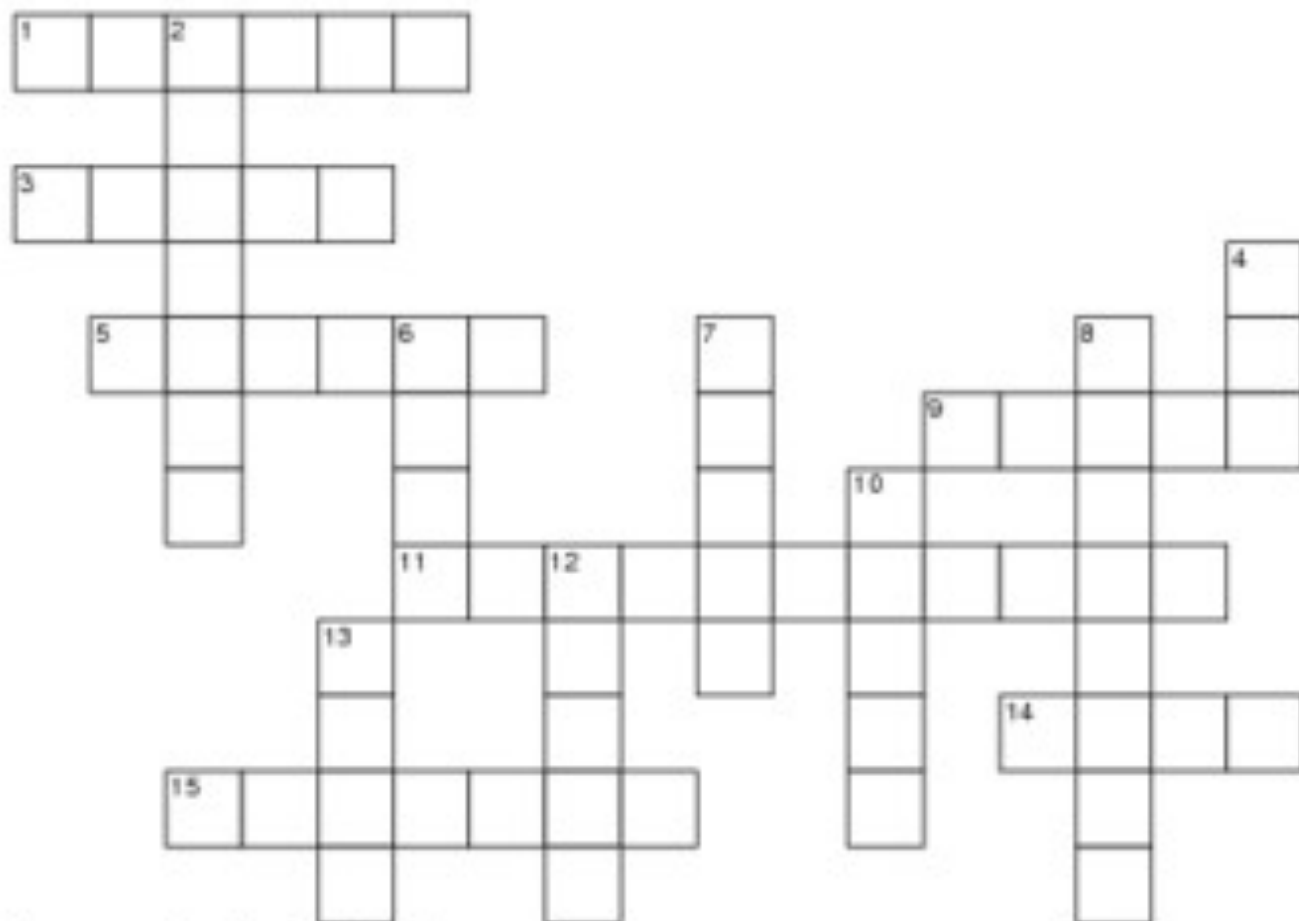
PISCES

Sometimes you remember where you put stuff the night before. Sometimes you don't.

<p>Capricorn</p>  <p>22 Dec - 20 Jan</p>	<p>Aquarius</p>  <p>21 Jan - 19 Feb</p>	<p>Pisces</p>  <p>20 Feb - 20 Mar</p>	<p>Aries</p>  <p>21 Mar - 19 Apr</p>
<p>Taurus</p>  <p>20 Apr - 20 May</p>	<p>Gemini</p>  <p>21 May - 21 Jun</p>	<p>Cancer</p>  <p>22 Jun - 23 Jul</p>	<p>Leo</p>  <p>24 Jul - 23 Aug</p>
<p>Virgo</p>  <p>24 Aug - 22 Sept</p>	<p>Libra</p>  <p>23 Sept - 22 Oct</p>	<p>Scorpio</p>  <p>23 Oct - 22 Nov</p>	<p>Sagittarius</p>  <p>23 Nov - 20 Dec</p>

Feelings

Easy Crossword Puzzle



Free crossword puzzles at www.elcivics.com

ACROSS

- 1 empty stomach
- 3 worn out
- 5 all alone with no friends
- 9 feeling of pride
- 11 feeling self-conscious
- 14 not feeling well
- 15 concerned, troubled

DOWN

- 2 anxious
- 4 opposite of happy
- 6 strong feeling of affection
- 7 mad, upset
- 8 missing home
- 10 opposite of sad
- 12 nothing to do
- 13 injured