



Neighbourly News

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Ky's Korner; stay in your lane

Kyleigh Ossachuk-Peer Support Worker-Fort Frances

You do not need approval from anyone but yourself.

Take a look at that sentence, and let it soak in. If we are being realistic here, no one's opinion of you should matter, except your opinion of yourself. You are you. You are not Jane Dow down the street doing her own thing, you are you.

In these odd times, we are struggling with worrying about other

people, and what they are doing, and how they perceive us. What they do should not matter to us. Having to look after ourselves is more than enough for one person to take on. Never mind if you have a family to look after, or a friend who needs help, that just adds more to your pile.

If we think about this, all of the energy, and time, and worry we spend on others around us, could be put to better use. Think about how tired you are at the end of the day. All of the energy we use on others. What if we could put that to use for ourselves? For our

family and friends? For things that we WANT to do?

What if I said that we could slowly change that? We just have to stay in our own lanes, and mind our own business. Focus on us, and not so much others around us. Try, it. I dare you. You have nothing to lose, and everything to gain. Live your life for you, and not for anyone else. Love yourself, and look after yourself. There is only one YOU.

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

Mask on!

As you all should know, as of this Monday, August 17th, 2020, the Northwestern Health Unit has put in a MANDATORY mask policy. This is for all residents in the Northwestern Health Unit area.

This includes, Fort Frances, Dryden, Kenora, Red Lake, Sioux Lookout, and everywhere in between.

You MUST wear a mask in all public spaces, at all times, unless there is

a medical emergency, or you are in a restaurant and you are consuming food and beverages.

Please be kind, and follow the rules, they are for the safety of everyone, not just you.

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.*

Dryden library re-opening

Anyone in the community of Dryden, this one is for you.

With information passed onto me from Jennifer at the Drop-In, she wanted to let me know that the Dryden public library has re-opened as of last week.

There are some new rules, and procedures you need to follow if you wish to use their facility, but they are open.

Their current hours are Tuesday's from 10am- 3pm, Wednesday's from 12pm- 6pm, and Thursday's from 10am- 3pm.

There is a maximum of 10 people allowed in at a time, and visits are limited to 15 minutes, face coverings are STRONGLY encouraged, you must use hand sanitizer, and social distance, and computers will be available by APPOINTMENT only for 25 minutes at a time.

Please be respectful of their rules, and policies. Just like every other public place, they are doing the best that they can. Everything is new, and will take a lot of time to adjust to, so be patient. Make sure you say thank you when you leave, and show them your appreciation.

If you need anymore information, you can check out their Facebook page, or give them a call, and they would be happy to help out in any way that they can.

Overdose prevention line

Grenfell Ministries Overdose Prevention Line is a number you can call if you are about to use drugs and are located in Ontario.

This is a peer development initiative, and your call will be answered without judgment. You will be asked for your code (which is comprised of the first 2 letters of your first name, the first 2 letters of

your last name, and the last two digits of your date of birth), your location and a few questions in relation to anonymous data collection, no personal data that can be used to identify you will be collected or stored.

The operator will stay with you on the phone line while you use. In the event that they receive no response

after administration of narcotics the operator will call 911 and alert them to a possible overdose at the location you had given.

The line is open 7 days a week Monday to Friday, 12 pm to 10pm and Saturday/Sunday 12pm until Midnight. The number is 1 888 853 8542.

Love for Red Lake

In case you were not aware, a large forest fire started in the Red Lake area, and forced the evacuation of Red Lake and surrounding communities last Monday.

The fire started on Monday, August 10th, and was burning out of control. Red Lake and surrounding areas were asked to pack up what

they could and leave by 9pm that evening. The fire was burning very close to highway 105, which is the only route in and out of the community.

Fire crews, the MNR, and other emergency services were sent to fight the fire, which had grown to over 550 hectares.

As of 9am this Sunday (August 16th), the fire was controlled and residents were able to slowly start going back to their homes.

To anyone in the community and surrounding areas of Red Lake, your fellow co-workers and Drop-In members were thinking about you, and are glad you are safe.

Zoom Zone

Zoomers! We are halfway through the month of August already. Time sure flies.

Just a quick note here about the Zoom's, if you want to participate, please let the staff know. Our e-mail address is always going to stay the same, and will always be somewhere in this newsletter. We need to know if anyone will be there, otherwise, we can find other things to do. If we have guest speakers, for example, in Community Connection, it is only

courteous to let them know whether we have enough interest to bring them in or not.

You do not need to participate in every activity, but we appreciate when you are able to come to any that look interesting to you.

A new schedule will be available in the coming weeks, as we had a calendar planning meeting on Tuesday, the 18th, and we will go from there.

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 peersupport@cmhaff.ca

We hope to see you whenever you are able to make it.

What's up?

We have a couple photo submissions this week from the community of Dryden.

Jennifer was out with a few members last week, and they each took these beautiful pictures. If you have pictures, send them my way with a little explanation, and I will feature them in the newsletter.

kossachuk@cmhaff.ca



Who am I?

"Hello World! My name is Reece Williams and I am a Peer Support Worker out of the Kenora Office. I have lived in Kenora my whole life, with the exception of living in Winnipeg to obtain my Bachelor of Arts from the University of Manitoba, which I graduated from in 2017, with a Major in Psychology and a Minor in English. That being said, if you know me, we've

probably laughed, cried, shared a heart to heart, but all in all, had a good time, as that is always my end goal. I am 32 years old this year and have worked as a Peer Support Worker for 3 years! Thank you to all the members and staff who allow me to love my job and look forward to coming into work and having a great day. I am truly blessed to have you all in my life! Thanks!, Reece."



CROSSWORD ANSWERS:

ACROSS:

1. Hungry
3. Tired
5. Lonely
9. Proud
11. Embarrassed
14. Sick
15. Worried

DOWN:

2. Nervous
4. Sad
6. Love
7. Angry
8. Homesick
10. Happy
12. Bored
13. Hurt

SUDOKU

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

ANSWERS TO LAST WEEK'S SUDOKU:

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

CMHA FF Branch Connections

MUQHBWSWVQLRSVKCQEOM
CRYNCXFORTFRANCESCWO
PHSACERKRAVERMHTNIR
TPOBNMNOXTHQYQIGSAUT
CMEURXOTSIOUUXLOOKOUT
OAAESMXBEBYSAUUAHDHFS
UIEDRIMLINDRYDENRAPF
RNVFKSNEOLNRDBTYOMOC
TYSAXIUGNJEIFMGQPMRV
ARLYNDCPOTYCAWHNIETK
GTVRGHANPYAHRLOSNLAB
RSIUUSOOPOBLWICLOLGX
EQNKORMRPDRDHESESAET
DLKAOKWNNDZTAELINLPQ
LZBRIKUSHEHXXPALSTEM
AKRJVTADUQAWSLKLNHRY
KTAIKRONBINFTSCUTEIE
EIMZUBHTCRVTAXABMHSK
SSHOYVGUXSOVNTNZXXKS
PUXPKENORAWWBEMJEZKU

| Centennial Centre | Mental Health | Peer Support | Mobile Crisis |
|-------------------|---------------|--------------|---------------|
| Sioux Lookout | Atikokan | Wellness | Van Horne |
| Fort Frances | DMHSOAP | Housing | Wolsley |
| Portage | Dryden | Kenora | Court |
| Red Lake | Hammell | Drop In | Main |