

# 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; safety tips for the fall

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

Hello everyone! It has been a while, but we are back in business. Did you miss me? I hope you are all doing well, and that you have had a good start to the month of September.

I think it is safe to say fall is almost here, and that means a couple of things. The days are getting shorter, the weather is getting cooler, the animals that hibernate are looking to stock up on their winter food supply, and hunting season is coming.

Why is this important? Well, there are a couple reasons. I can go back to the bear article that I wrote a few newsletters ago; they are trying to find food so they can hibernate and have enough reserves to get them through the winter. They are out and about, and are hungry, and they are around your homes, your garbage, anything you leave out, and they are not always afraid of humans. Be bear smart, and watch your surroundings when you are out and about.

Another reason we need to pay attention in the fall, is that hunting

season is here, and we don't want any accidents to happen. If you are out in the bush, make sure you wear some bright orange coloured clothing, or anything bright, and try and stay close to trails, and more open areas if you can. If you are out at dawn or dusk, be very diligent with your surroundings, you can never be too careful, that is when lots of hunters are out looking for their catch. Look out for yourself, and each other.

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

## Mask storage

How is everyone doing with your mask wearing? I know it is a bit of a learning curve with them, but we are making a difference. I know that I find myself forgetting my mask wherever I am, then I have to go back out and grab it, and

start all over again. We will get used to it. Everything will just take some adjusting, and time. We will get it.

Just a quick note on mask storage. Make sure that when you are

storing them, clean or dirty, that you store them in a paper bag, and not a plastic bag. Plastic zip lock bags hold in moisture, and don't let things dry. We don't want that, we want things to stay clean and dry as best we can.

## NWO Bus service announcement

Do you remember the good old days of the bus service around our area? Being able to hop on the bus and go from Fort Frances to Winnipeg, or Kenora to Thunder Bay?

This can become a reality now, as we have a new bus service and schedule. We now have service from Kasper and Northland. This is subject to change to follow pandemic guidelines. Call 1 800 363 7512 ext. 0 for Northland, and 1 855 566 2378 for Kasper.

	Fort Frances to Thunder Bay			Thunder Bay to Fort Frances		
	Departure	Arrival	Carrier	Departure	Arrival	Carrier
MON	12:45 PM	6:30 PM	Kasper	8:30 AM	12:15 PM	Kasper
	7:45 PM	12:30 AM	Northland			
TUE				8:30 AM	11:15 AM	Northland
WED	12:45 PM	6:30 PM	Kasper	8:30 AM	12:15 PM	Kasper
	7:45 PM	12:30 AM	Northland			
THU				8:30 AM	11:15 AM	Northland
FRI	12:45 PM	6:30 PM	Kasper	8:30 AM	12:15 PM	Kasper
SAT	7:45 PM	12:30 AM	Northland	8:30 AM	11:15 AM	Northland
SUN						

	Fort Frances to Winnipeg (via Kenora)			Winnipeg to Fort Frances (via Kenora)		
	Departure	Arrival	Carrier	Departure	Arrival	Carrier
MON				1:50 PM	7:20 PM	Northland
TUE	11:40 AM	4:55 PM	Northland			
WED				1:50 PM	7:20 PM	Northland
THU	11:40 AM	4:55 PM	Northland			
FRI						
SAT	11:40 AM	4:55 PM	Northland	1:50 PM	7:20 PM	Northland
SUN						

## Recovery month

September is Recovery Month and CMHA Fort Frances branch joins organizations around the world in recognizing this important event. According to Addictions & Mental Health Ontario (AMHO), 22 per cent of Canadians will be affected by addiction in their lifetime. Recovery Month gives them the opportunity to share stories, talk about treatment options, and reduce the stigma surrounding addiction.

Recovery looks different for everyone. We must continue to speak openly about addiction so those struggling know they are not alone.

We are always here to help out, and lend a hand as best we can. We want to support, and encourage recovery for everyone. There is always hope, and some days might

be tough, and you may fall back down, but you can get back up again.

If you are struggling, and need some supports, do not hesitate to give your local Peer Support office a call. Even if you just need someone to talk to for 5 minutes, we are here to help, and make sure that no one is struggling alone.

## Fort Frances soup kitchen

This little bit of information goes out to all of the Fort Frances folks.

The Loaves and Fishes soup kitchen will be open for inside dining starting today, Wednesday, September 16th. The kitchen will be open from 11:45am to 12:15pm. You must wear your mask until you are seated with your food, and must

put it back on when you have finished eating. If you have any questions, please contact Joy at 274 3638 or 276 6746.

Please be respectful and patient with the staff and volunteers.

**As a reminder Loaves and Fishes will be closed on Monday for the Labor day holiday and will re open on Wednesday with INSIDE DINING. Please wear a mask until you are seated with your food.**

**Service will be from 11:45am-12:15pm**

## Zoom Zone

Zoomers! How are things going?

I hope all is well, and that you are still enjoying the nice weather while it lasts.

Here is a little picture that was drawn in one of the previous Zoom groups with Philip. He said this was a really great session and everyone had a lot of fun. That is really great to hear because that is our aim, to have fun, and share some laughs, smiles, and education with everyone as best we can.

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 e-mail is below, and it gets checked quite often. But if you haven't heard from someone, make sure to call, just in case it gets missed.

[peersupport@cmhaff.ca](mailto:peersupport@cmhaff.ca)

We hope to see you whenever you are able to make it. It is always a fun and safe environment for everyone to come and enjoy.



## Shout out!

Shout out this week to a couple of people in Fort Frances.

Big thank you to Terri and Mike for donating a huge box of apples to the Drop-In. Because of their generosity, the staff in Fort Frances made apple crisp, and it will be included in the care packages this week.

If you head to the last page of the newsletter, you will find the recipe so you can have a go at making your own apple crisp at home.

If you have someone that deserves a shout out, e-mail me:

[kossachuk@cmhaff.ca](mailto:kossachuk@cmhaff.ca)



## Who am I?

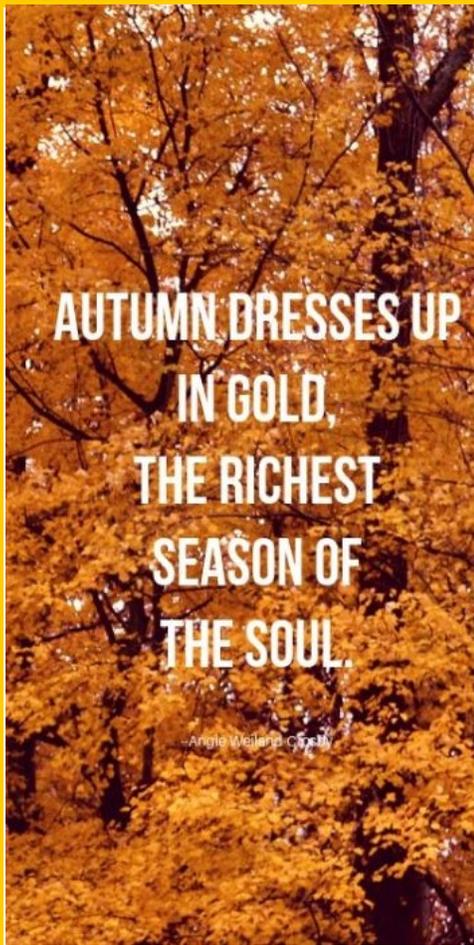
My name is Lisa Vigfusson. I was born in Orillia, Ontario, and moved to Kenora in my early 20's, after my diagnoses of depression and an eating disorder. I am mother of two, love to golf (when time permits), and love to spend time with people.

I have been working for CMHAFF since 2013, and grateful for the opportunity. I love providing Peer Support to folks who have walked in similar shoes as me. Being a Peer

Support Worker is a rewarding place to be, where I have met some of the most beautiful hearts – Members and Staff alike.

I have had my struggles with depression, eating disorder, and anxiety, however, I am not one to give up easily, and I hope that Members know there is hope for everyone; we all just need a helping hand, compassion, and someone to not just listen, but actually hear us.





## SUDOKU

		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 WEEK'S SUDOKU:

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

# Old Fashioned Easy Apple Crisp

*This easy apple crisp is made the old fashioned way like Grandma used to make, and is perfect with a scoop of vanilla ice cream and salted caramel sauce!*

Prep Time 15 mins

Cook Time 45 mins

Total Time 1 hr

Servings: 6 servings

## Ingredients

- 6 golden delicious apples, peeled and chopped (other varieties can be used, can also be sliced)
- 2 Tbsp granulated sugar
- 1 3/4 tsp ground cinnamon, divided
- 1 1/2 tsp lemon juice
- 1 cup light brown sugar
- 3/4 cup old fashioned oats
- 3/4 cup all-purpose flour
- 1/2 cup cold unsalted butter, diced into small cubes
- pinch of kosher salt

## Instructions

1. Preheat oven to 350 F degrees. Butter an 8x8 baking dish, or spray with non-stick cooking spray. Set aside.
2. In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish.
3. In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.
4. Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.
5. Serve warm and enjoy!