

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; the elephant in the room

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

Good day everyone. As we come to the end of September, I look back and I can't figure out where all the time went. Time sure flies sometimes, I find. There are times where I would like it to slow down.

Last week I talked about September being recovery month, but September also has another cape that it wears; World Suicide Prevention Month.

I know that the "S word"

is hard to talk about, and people are scared to talk about it, but it needs to be talked about. If you are struggling, you need to reach out, so that someone can help you.

If you are in that dark place, and you don't think you can get out, staying silent about it doesn't help, it doesn't offer a solution. Especially in today's world, things can be so hard to deal with. But chances are, someone you know is struggling as well, and if you reach out, there is always help available from someone, somewhere.

This can apply for someone who isn't struggling as well. Reach out to your friends and family. Check on them. They might not be ok, and your phone call, or text message, or your visit to their home could make all the difference in the world, and you could save their life.

It costs nothing to be kind. A smile, a coffee visit, homemade crafts or baking, or just an ear to listen, or a shoulder to cry on can change everything. Love heals.

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

Ontario COVID-19 update

Due to the recent rise of COVID-19 cases in Ontario, there have been some changes and updates to the number of people you can have for indoor, and outdoor gatherings. Premier Doug Ford has changed the amount you can

have at an outdoor gathering to only 25 people (previous limit was 100), and to 10 people indoors (previous limit of 50).

If you are caught organizing or hosting a

gathering of more than you are allowed, the minimum fine is \$10,000, and if you are at the gathering as a participant, you can also be fined \$750.

Please be safe and wear your mask and wash your hands.

ODSP and CERB

If you are actively on ODSP, and you applied for, and received the CERB money, do not be surprised if you stop getting your ODSP.

ODSP has started to stop benefits to anyone who has received CERB funding, and not claimed it as income to their ODSP worker.

In passed newsletters, and some verbal communications from some CMHA- FF staff members, we have encouraged you not to apply for

CERB, and if you did, we encouraged you to make sure it was reported to ODSP to avoid any benefit suspensions.

If you have had your ODSP funding suspended, you will need to contact ODSP and talk to them about making a repayment plan. If you need help doing that, you can contact your local CMHA- FF office, and your worker can help you start to put a plan in place and help contact ODSP with your permission.

If you are getting CERB, please do not re-apply for it. If you have not been suspended by ODSP, you will be, and it will be a longer process to get things all set up again. You will not receive any benefits until you have arranged a plan with ODSP for repayment.

If you are unsure about your financial situation, give your ODSP worker a call at 1 800 268 2970, and they will be able to help you.

Virtual Tour

I have a quick message from Reece here for everyone to check out. Looks like a great time!

“On Tuesday, September 15, 2020, we completed our first Virtual Tour of September! This time, we visited the Smithsonian National Museum of Natural History! We explored fossils of dinosaurs, Egyptian mummies, butterflies, and even

different minerals and gems, as displayed here. If you would like to join us on our next excursion, please e-mail us at

peersupport@cmhaff.ca! We look forward to seeing you then!”



Dryden Fall Fest

If you are around the community of Dryden, this may be of some interest to you.

Dryden is hosting “Fall Fest” that will start every weekend after Thanksgiving. During that time there will be little activities and things going on through the weekends.

If you plan to attend these events, please make sure you come prepared and understand their COVID-19 safety measures and precautions. Please check their website with their up to date measures.

Also, it is good to note that The Canadian Ski Patrol will be at all

the events. They are first aid responders trained to the highest standard and will be running a first aid booth at each event.

Visit their website www.drydenfallfest.ca/ to see all of the event dates and information. You can also check them out on Facebook.

Zoom Zone

Good day Zoomers! We hope all is well, and that you are all ready for another week of little groups, and fun, and some learning.

Over in the corner, we have a little picture from Donna's creative group. Look at all those beautiful colours and lines. What a wonderful way to get rid of some anxiety and stress, and just relax.

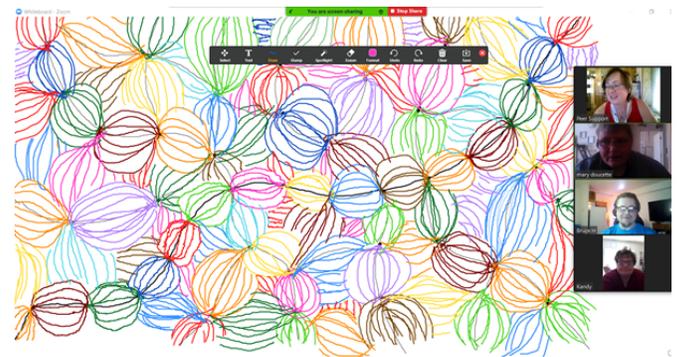
If you want to join in on the fun, make sure to check out the

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.

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. E-mail us

peersupport@cmhaff.ca.

Some action from Delightful Donna's Cool Creativity Class



Shout out!

Shout out to the Dryden Drop-in. They have a community garden plot this year. It has been a little meeting place for members and staff to visit and unwind during this pandemic. The garden area features many flowers to attract pollinators and a wide variety of plants. It is very relaxing and features many other boxes planted by the wonderful people of Dryden. The Drop-in box contains various

vegetables that will be used to make food items for the members. Some of the meal ideas for after harvest are, carrot cake, cheese and onion rolls and soups.

If you have someone

that deserves a shout out, e-mail me:

kossachuk@cmhaff.ca



Who am I?

My name is Marilyn Cann and I live in Kenora Ontario and have worked for C.M.H.A.F.F. Branch for almost 10 years.

I was a member and I volunteered my time before I became a Peer Support Worker at CMHA-FF. I believe that, by supporting people where they are at in their recovery journey, helps me in my journey.

I am passionate about the work I do, and the people I support.

I have struggled with depression and an anxiety disorder most of my life and because of my personal beliefs and continued work, I keep myself well.

I love the outdoors and the lake. That is my relaxing place.



Anyone
 who thinks
 fallen leaves
 are dead
 has never
 watched them
 dancing
 on a windy day

Shira Tamir

SUDOKU

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

ANSWERS TO LAST WEEK'S 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

FALL animals WORD SEARCH



Bear	Elk	Hedgehog	Owl	Sparrow
Chipmunk	Fox	Moose	Pheasant	Squirrel
Deer	Goose	Mouse	Raccoon	Turkey

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

