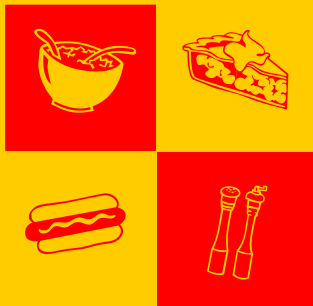


Neighbourly News

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Inside this issue:

CERB	2
Senior's day	2
Mental illness week	2
Zoom Zone	3
Shout out!	3
Who are WE?	3
Fun section	4-5

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; change the world

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

What is happening everyone? Already into the end of September, and the beginning of October, where does the time go?

As we approach the colder months, things start to get a little more difficult for some people. Heating bills, whether it's electric or gas, food bills, winter clothing for yourself and your family, just to name a few.

I want to challenge you, if you are able, do not

put yourself in a vulnerable position to do this, but if you can, I want you to try. Here in Fort Frances, we are having our annual "Coat Drive" and I want to see the generosity and kindness that we have to offer. If you are not in Fort Frances, that is ok, check with your local Peer Support office to see if there is a coat drive or clothing drive in your area, and you can get in on this challenge too.

Go through your closets, drawers, wardrobes, whatever you have, and see if there is anything you can donate. This is going for staff and

members all across the board. Instead of all the negativity, let's do a little part here to brighten the days, and spread some good vibes.

The drop off dates for Fort Frances are October 1st-15th, from 11am-3pm at the CN Station. For anyone who needs some winter clothing, I will post pick up days in the future so you all have a chance to get what you need.

One action can change the world, now is your chance.

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

Ontario COVID-19 update

AS COVID-19 cases continue to rise across the province, and the country, everyone is urged to continue to be very diligent with hand hygiene, social distancing, and mask wearing. Masks are mandatory in most

places across our region, and they will help stop the spread of COVID-19.

We have not moved back to Stage 2 yet, and Doug Ford doe not want to do that unless absolutely necessary, but it is

getting very close to that point.

Please do your part and stay home unless you need to go out. Restrict travel, going to gatherings, and being in groups of people.

CERB is ending

If you are still receiving CERB, you need to be aware that it is ending on Saturday, October 3rd, and you will have to transition into something else if you are ELIGIBLE. If you are not supposed to be on CERB, then you will not be able to transition to the new programs offered by the government.

The new programs will be associated with EI (employment insurance), and you must have lost your job due to the COVID-19 pandemic to qualify.

If you have lost your job due to the pandemic, and are currently collecting CERB, you will start the transition to the new program, if you haven't already. Information is available online, and on your CRA or EI account. If you are unsure, contact either of those places, and they will answer your questions. Please keep in mind they are incredibly busy, so wait times on the phone will be long. Be patient, and kind to the person on the other end of the phone, they are doing the best that they can. This is all brand new.

For anyone who is collecting CERB who is not supposed to be, you will still be required to make your re-payments. It will still be taken off of your ODSP, and OW. If you have not made arrangements for re-payment, you need to do that immediately. ODSP and OW will continue to be affected until your re-payment is complete.

Please make sure that you take initiative and start that process, it will help you in the long run.

Senior's day; celebrate it

National Senior's day is Thursday, October 1st and CMHA Fort Frances branch joins individuals and organizations across the country to celebrate this wonderful, and special day.

National Seniors Day is an important time to celebrate the valuable contributions older adults make in communities across

Ontario and reflect on the way they are supported. CMHA Fort Frances branch is dedicated to supporting the well-being of all people throughout their lives, including an important focus on older people.

Seniors are often undertreated for mental health problems, due to symptoms of mental health issues being mistaken for other conditions,

discrimination and stigma, service availability, and physical and financial challenges.

Here at CMHA, we want to support everyone, no matter their age, race, religion, sexual orientation, and gender. If you or someone you know needs some extra help, we have something for everyone.

Mental Illness Awareness Week

The first week of October is coming, and it is an important month for us.

October 5th- 11th is Mental Illness Awareness week, and we all come together to show support. Each community and location will have different things going on to spread awareness and end the stigma of mental illness.

In Dryden, there is going to be a free BBQ on Wednesday, October 7th. You can head over to the Drop-In between the hours of 11:30am and 1pm, and pick up a free lunch.

Here in Fort Frances, we are also hosting a free BBQ. You can come by the Drop-In on Thursday,

October 8th between the hours of 11am and 1pm and pick up your free burger, chips, and pop. Both BBQ's will be pick up only, and no staying to eat, as per COVID-19 restrictions.

Check out the Zoom groups during the month of October for mental illness conversation around wellness, and recovery.

Zoom Zone

Hey Zoomers! I hope all is well, and that you have been enjoying and participating in our weekly sessions.

A little update for everyone this week. A new calendar for October is in the works. We had a calendar planning meeting a couple of weeks ago, and we had a few members join in and give Reece and myself some ideas and opinions. Calendar planning meetings are important, so that you get to do and see things that you want to see.

Having member input is a really big help for us, and is beneficial for everyone.

Look for some cool things coming out this month for Hallowe'en and Thanksgiving. Please mark your calendars and day books for the Thanksgiving Care Package day. Each community will have a different date, so make sure you know which day it falls on in your location.

Please join in on our sessions. It is a great opportunity to connect with other people, and to have conversations with others and some laughs, fun, games, and little educational sessions.

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 and we will send you all the information you need.

Shout out!

This week's shout out goes out to one of our own; Claudia Jung!

Claudia was the winner of an inter office draw last week, and her prize was a gift card from Tim Horton's.

As per Claudia's request, she donated the gift card to the Peer Support Drop-In Center in Fort Frances.

If you notice in your care packages in Fort Frances this week, there is a doughnut from Tim Horton's, that is all thanks to Claudia.

Thank you Claudia, from the members and staff of the Drop-In here in Fort Frances. Your kindness and generosity is very much appreciated, and hopefully can put some smiles on everyone's face.

If you have someone that deserves a shout out, e-mail me: kossachuk@cmhaff.ca

No act of kindness should go unnoticed. Whether it big or small, make sure you say thank you to someone who does something nice for you, even if it's just holding the door.

Who are we?

Who are WE?

There is no I in team, so this week, you are going to find out who WE are.

We are your Peer Support Team. We do the things we do to help reduce stigma against mental illness. We fight for advocacy, recovery, and hope for all of our clients and

members across the district. We fight for you, and for change.

We have all had our battles with mental illness. Whether it is within ourselves, or with family members or relatives, and we use that lived experience to help you guys with whatever we can. Sometimes our methods are not the most conventional, but everyone is different.

No one's recovery is the same, and no one's recovery will be easy. We all work together to make it to the same goal: hope, recovery, and happiness. That is all we want. That is what we work for, that is what we do. You guys, our members and clients are just as much a part of this team, as the staff.

That is who WE are.

SUDOKU

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



ANSWERS TO LAST WEEK'S SUDOKU:

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

Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

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LAVEES

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BEESTRMP

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SVRTAEH

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TECTHUNS

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AUMUTN

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ATOLFLOB

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Q. What do you get when you drop a pumpkin?

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