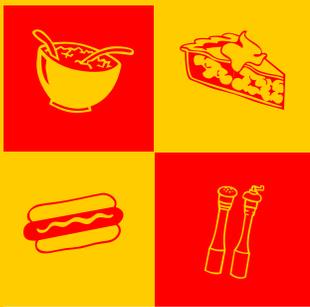


# Neighbourly News



## Ky's Korner; the nitty gritty

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

Hello again everyone!  
Welcome back to the  
Peer Support newsletter.  
I hope everyone is doing  
well, feeling well, and  
keeping safe.

As the nice weather ap-  
proaches, remember it is  
important to get some  
sunshine and fresh air  
into your daily routine.  
Yes, we do have to con-  
tinue to practice social  
distancing, but that does  
not mean we can't go  
outside and roam  
around our own prop-  
erty. Get that extra bit of  
vitamin D, and that ex-

tra taste of fresh air.  
Just make sure you are  
staying 6 feet away from  
anyone else that might  
be walking by or around  
you.

Keep in touch with your  
family and friends, as  
well. Try and keep as  
normal a routine as pos-  
sible. If you are missing  
your people, you can be  
sure that they are miss-  
ing you as well. Call and  
check up on them,  
FaceTime them if you are  
able to do so, check in  
via social media, or, if  
they are out of the dis-  
trict, write them a letter.  
The post office and mail  
people are still out there  
working to get you your



mail, and parcels in a  
timely manner. It might  
not be as fast as before,  
but they are doing what  
they can.

Also, make sure to keep  
the front line workers in  
your mind, and let them  
know how awesome they  
are for doing what they  
are doing. Stay safe, stay  
happy, stay healthy.

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### Vision, Mission and Values:

- ♦ *Vision: Mental health and wellness in all communi- ties*
- ♦ *Mission: To be a leader in the provision of advocacy, education, research, and client centered recovery based services in the Ke- nora-Rainy River Districts*
- ♦ *Values: Collaboration; empowerment and self- determination; diversity and social justice; ac- countability, integrity and transparency; innovation.*

## Ontario Works (OW)/ ODSP update

As mentioned in the pre-  
vious issue, if you are on  
Ontario Works (OW) or  
ODSP, you could be eli-  
gible for some  
"Emergency COVID" re-  
lief funding.

Each agency is separate,

and for more infor-  
mation, please refer to  
last weeks issue, or con-  
tact your CMHA worker.

CMHA services are still  
on hold until further no-  
tice, so please take ad-  
vantage of these ONE

TIME payments being  
offered. There are some  
things that you need to  
fill out, and some phone  
calls that need to be  
made, but every little bit  
helps. We hope to be  
back working with every-  
one again really soon.

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## What's the scoop on Vitamin D?

If you read the opening article, you will notice that there was talk about getting all your vitamin D. That's great right? But some of you may ask, what the heck good does Vitamin D do? Let's have a look, shall we?

Vitamin D is important for everyone. It helps regulate the amount calcium and phosphate in your body. These two things are important in helping keep your bones, teeth, and muscles healthy.

Where can we get Vitamin D? All sorts of places. Starting from about April to September, a big provider of Vitamin D is sunlight. We can get a good amount of Vitamin D just from being outside in the sunshine, or sitting next to the window with the sun shining down on us. Vitamin D can also be found in certain foods that we eat. These foods are oil fish, red meat, liver, egg yolks (the yellow part inside the egg), and some breakfast cereals (make sure you check the label).

Going full circle here, we can see why we need Vitamin D, and now we see some places where we can get it. Make a point of going outside a few times a day to take in some sunshine, or sit or stand by the window and let the sun shine on your face. It makes you feel happy, warm, and it is good for your body, your bones, and your overall health. Go for a short walk, sit outside and read a book or the newspaper, soak in as much as you can, you will feel better after.

## Why you should read every day

When was the last time you actually sat down and read a book, or a magazine article, or your local paper from cover to cover? Do you make reading a part of your daily routine? If you don't, you might want to have a look at why you should.

Reading can do a lot of things for your mind and your body. Reading can reduce stress and anxiety

**"When you read a book, all of your attention is focused on the story, not what is happening around you".**

(something we could all use right now), reading can be good for mental stimulation, reading can improve your memory, your vocabulary, and

even your focus and concentration.

It doesn't have to be hours a day, and it doesn't have to be a 1000 page book, just a couple page article in a magazine, or a chapter in a book, or a little short story you find on the back of a cereal box. A little goes a long way to expanding your knowledge, and getting a little bit of stress relief along the way.

## Garden tips for houses and apartments

If you live in an apartment, and have access to a garden pot, and some gardening resources, you can garden.

Can you grow a house plant? If your answer was yes, then you can grow some herbs and veggies too. Don't go all in all at once, start small with just a couple plants, then, once you

get the hang of it, you can add more the next year.

All you need is a couple of pots to plant in, some soil, some sunlight, some water, and some patience. Oh, and maybe some suggestions on



what to plant.

Start with things like herbs, as they don't take up a lot of room, and can grow together in the same pot. Once you have mastered those, you can try tomatoes and onions next.

## Care package update

Our weekly care packages are still going in full force. We love getting out and seeing everyone, and having the chance to have a little face to face visit for a change. As much as we can talk over the phone, the care packages are able to connect us all in more ways than one.



they were out and about, and cooking and putting together a nice little meal for some of their members. This included last weeks edition of this newsletter, information on the Kenora “Zoom” meeting, and how to access that (if you need that information, contact Reece in Kenora), and a great meal of homemade shepherds pie.

Kenora is fortunate enough to have the help of the LOTW district hospital, the Challenge Club, and some staff from the CMHA-FF Psychogeriatric Resource program.

The Peer staff want to thank everyone who helps out with our care packages, whether its big or small. We hope to keep this up, and keep you updated on each community as the weeks go on. We look forward to seeing as many of you as we can during our delivery times. Hang in there everyone.

In Kenora last week,

## Hands up!

Throw your hands up, but don't wave them around, put them in the sink with soap and warm water, and wash them up for at least 20 seconds. That's right everyone, Tuesday, May 5th, is National Hand Hygiene day!

This is an event that we have done at CMHA-FF for many years now, and now, especially during this

pandemic, it is more important than ever. You all have probably heard a million times over about had washing, and how important it is. Well, the results are in, and it can help save lives. Make sure you are washing your hands multiples times a day, especially if you have gone out, or touched any public door knobs, debit machines, and car doors. Remember, 20 seconds, soap and warm water; the keys to success.

**National Hand Hygiene day is  
Tuesday, May 5th.**

## CMHA celebrates Mental Health week

Get ready to get loud, and get real!

Mental Health week is just around the corner, and the staff at CMHA-FF are going to do our best to celebrate, and show support to end the stigma associated with mental health.

Mental health week is May 4th–10th, this year, and although circumstances aren't ideal, we will make the best of it. If you are looking for more information you can check out their website, if you are able to; [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca) or check on the CMHA Fort Frances Branch Facebook and Instagram pages.

Each community will be doing something different during Mental Health week, so keep your eyes and ears open. Also, check back in next week's newsletter for some other fun things, and information regarding Mental Health week. We will do our best to keep everyone informed and make it the best Mental Health week possible. Don't forget to wear your GRREN all week.

## SUDOKU PUZZLE

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



Happy  
Mind  
Happy  
Life



### Answers to last weeks Brain Teaser:

1. Sand box
2. Man Overboard
3. I understand
4. Reading between the lines
5. Long underwear
6. Cross roads
7. Downtown
8. Tricycles
9. Split level
10. 3 degrees below zero
11. Neon light
12. Circles under the eyes
13. High Chair
14. Paradise
15. Touchdown
16. 6 feet under ground
17. Mind over matter
18. He's beside himself
19. Backwards glance
20. Life after death

# Canada Word Search



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

YUKON  
 OTTAWA  
 ONTARIO  
 TORONTO  
 HAMILTON  
 WINNIPEG

QUEBEC CITY  
 BANFF NATIONAL PARK  
 BEAVER  
 NOVA SCOTIA DONAIR  
 MONTREAL  
 PRINCE EDWARD ISLAND

NORTHWEST TERRITORIES  
 NIAGARA FALLS  
 POUTINE  
 CALGARY  
 NORTH AMERICA  
 JASPER NATIONAL PARK

MANITOBA  
 EDMONTON  
 MAPLE  
 WHISTLER  
 VANCOUVER ISLAND  
 ONTARIO