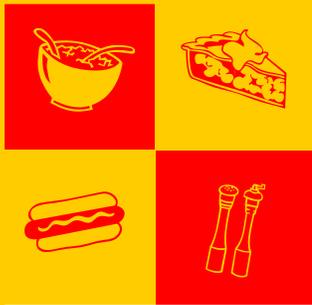


Neighbourly News



Ky's Korner; we all wear pink

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

October is here, and it brings with it a lot of things. We have National Seniors day, Mental Illness Awareness week, Thanksgiving, and Hallowe'en, just to name a couple.

What some people remember about October though, is that it is Breast Cancer Awareness month as well.

When you think of breast cancer awareness, you probably just think

about women being effected, right? I know that I thought like that for a while. Turns out I was wrong. Believe it or not, men can also be diagnosed with breast cancer.

Although it is very rare for men to have breast cancer (about 1% of all breast cancers appear in men), it can still happen. Approximately 220 men will be diagnosed with breast cancer in Canada alone, and about 60 of those men will die from the disease.

We all need to be aware of our bodies, and what is going on. If you don't

feel right, or you find new lumps or bumps, make an appointment with your doctor or nurse practitioner. If you feel something is really wrong, don't take "no" for an answer. Don't be afraid to ask for a second opinion, or to ask questions. It is your body, your health, and your choice. If you need to bring someone with you to make you more comfortable, you have that right.

Be aware, you know your body best, listen to it.

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

Ontario COVID-19 update

Once again, as I type this, the COVID cases in the province, and the country keep rising.

The Northwestern Health Unit issued a statement last week advising people against any non

essential travel outside of Northwestern Ontario. That means that you are being asked to stay in your area, unless it is essential that you leave for a medical appointment, for example. If you leave the area, they are suggesting

you complete a 14 day self isolation period.

Ontario has also said that you should only have close contact with members in your household. Stay home, wear a mask, and help stop the spread.



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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.*

Mental Illness Awareness

This week is Mental Illness Awareness week. This is an important week for everyone. It was established in 1992 by the Canadian Psychiatric Association, and has been going strong ever since.

MIAW is the perfect time to educate yourself on mental illness and its impacts across Canada, and the world, and in every day life. The goal is to bring awareness to mental illness, and get that education out there for everyone to hear.

Due to the COVID-19 pandemic and restrictions, things are a little different this year, as we can't be out and about through the community, and our Drop-Ins are not open. However, be sure to tune into the Zoom meetings this week, and all through October because they will all be centered around mental illness, hope, and recovery.

You are also invited to the Dryden Community BBQ on Wednesday at the Dryden office from 11:30am to 1pm. This is a free event.

In Fort Frances, you are invited to our community BBQ as well. It runs from 11am to 1pm on Thursday, October 8th. This is also a free BBQ.

At both events, we ask that you wear a mask, and practice social/physical distancing. We know it has been a long time, but we need to protect everyone, so please don't be offended when we are not able to do hugs or handshakes. We have to keep things moving, so please plan to leave as soon as you have a bag.

Fort Frances library

Some good news for the community of Fort Frances.

The Fort Frances Public library is open to the public now. They have limited hours that you can use the building and services, but you are able to and check out books, make returns, and use the computers.

The hours are Tuesdays from 3-7pm, and Wednesdays from 11am-3pm.

These hours will be subject to change without notice, as restrictions change through the province, and region, so be aware, and if you are not sure, check the Facebook page, or call ahead.

You are required to wear a mask at all times, and practice social/physical distancing at ALL times. There will be hand sanitizer there that you will be encouraged to use as well.

Computers will be first come, first served, and there will be a time limit on how long you can be on one. Please be courteous.

Coat drive reminder

Did you think that I forgot about the goal I set for everyone last week? No, I didn't.

To everyone here in Fort Frances, the Coat Drive drop off days have started, and they will run to the 15th of October. You can make drop offs at the CN station from 11am to 3pm, 7 days a week.

When you clean out your closet, they are looking for items in good condition, with lots of life left in them. Jackets, gloves, mitts, toques, winter boots, and scarves. They will accept any size from baby to adult, in all items listed above.

If anyone has coat drive information for other communities, please send

me the information in an e-mail, and I will be more than happy to share with everyone so that we can spread good vibes all over the district. I can be reached at kossachuk@cmhaff.ca.

Remember to always wear a mask, and be patient. They are working as fast as they can.

Zoom Zone

Delightful Donna's Cool Creativity Class update from Donna:

Last time we spent some time researching pumpkin carving. We watched a few YouTube videos on what to do or what not to do. Did you know if you cut the bottom off instead of the top you will always have a handle, most of the guts come out with the bottom and it is easier to set your pumpkin over a candle or light instead of reaching down into your pumpkin? Also if you carve your pumpkin earlier

than the day of Halloween you can spray it with a Javex/Clorox mixture to preserve the flesh longer. Join us this week (October 9th at 10:30 am) you never know what creative idea we will come up with.

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 is a big one.

I want to shout out all the survivors out there. Everyone who is doing their best with what they have been given, and haven't quit.

To everyone struggling with mental illness every single day. Whether it is yourself, a family member, or just someone you know; you are strong.

You have come this far, and you have a lot farther to go. The days may get tough, and they won't always be bright and cheery, but there is always help, and there is always someone to talk to.

Congratulations on being a trooper, and for looking out for yourself, your family, and your friends. You matter, and you are enough.

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 am I?

My name Donna Bohler. I was born in Thunder Bay, Ontario and lived within a few miles of Lake Superior until March of 2006. I am a mother of 1 adult child and the happy grandmother of 4, the 5th one is due in January 2021. I love to spend time outdoors with my husband of 39 years.

I moved to Emo, Ontario when I started with CMHA-FF Branch. I have worked for CMHA-FF Branch

for almost 15 years and have been working in Peer/Family Support for almost 11 years.

Peer/Family Support is something I am very passionate about. I have found this to be very rewarding and challenging career. Working in a small community in the mental health field has been interesting, and has provided many unique opportunities to work around the stigma of mental health.

2020 has been a challenge, but I feel it has allowed us to grow and evolve into stronger and more resilient people. It is a pleasure to be a part of this team.



Word
Scramble
Answers:

1. Quilt
2. Leaves
3. September
4. Harvest
5. Chestnut
6. Autumn
7. Football

SUDOKU

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

ANSWERS TO LAST WEEK'S SUDOKU:

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



Feeling Grateful

Word Search

What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.

- ANIMALS
- BED
- BIRTHDAY
- BOOKS
- CARS
- CHALLENGES
- DAD
- EARTH
- FAMILY
- FLOWERS
- GRANDPARENTS
- HEALTH
- HEARING
- HEART
- HOME
- ICE CREAM
- JOKES
- LAUGHTER
- LUNGS
- MOM
- MOON
- MUSIC
- NATURE
- OXYGEN
- POPCORN

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

- RAIN
- READING
- SCHOOL
- SHOES
- SIGHT
- SMELL

- STARS
- SUNSHINE
- TASTE
- TEACHER
- TOUCH
- VACATION

