



Neighbourly News

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Ky's Korner; old man winter is here

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I think winter is here, and we all know what that means; no more fishing.

I know that's probably not what you thought I was going to say, but I have a point here. We all have that one thing that we can do that takes us away from everything, even if it's just for a short time. For me, it's fishing, or just being out on the water. So now, when winter rolls in, I lose that escape, and that comfort.

I know that we all will go through the same feeling of losing our favourite season, or activity, and it sucks. In the mean time, we need to find something else that can fill in that void until we can get back to doing what we love again. Reading, doing word puzzles, going for a brief walk, listening to music, journaling, whatever it is.

It will not be the same, but it will be something to get us by, and to keep our brains busy, and keeps them sharp. We need to stay mentally fit for the winter months, especially during the

pandemic. And if you are one of the lucky ones who has a favourite activity that involves the winter months, enjoy it, take it all in, and make the best of it.

Be kind, be cool, and wear a mask.

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



Warm line

With the days getting shorter, and Drop Ins not being open any time soon, times may get tough, days might get long. But know that this resource is available to you if you ever need it. It doesn't matter where you are, you can call, and

just chat with a friendly voice, ask questions, and they will help in anyway they can. Reach out, the warmline is there for you.

Warm Line & Peer Crisis Support
Telephone Peer Support

1 888 777 0979

Krasman centre
Inspiring Excellence in Peer Support One Connection at a Time



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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.*

World Series 2020

This is a new thing for this letter; sports. I know that some of my readers are sports fans, so I figured I could chat about the big happenings in the sports world.

On Sunday night, the LA Dodgers, who had been down in the best of 7 series 3-1 against the Atlanta Braves, won a very tight game 7 by a score of 4-3 to send them to the World Series. Mookie Betts was the star in the series, but more importantly in games 6 and 7. Betts made two amazing grabs, one in

each game, to rob the Braves of home runs, and/or extra base hits.

The Dodgers are in deep against their World Series opponent. The Tampa Bay Rays had one of the best records in baseball this season. The Rays were up in their series 3-0 against the Houston Astros, but with 3 straight wins, the Astros forced a game 7. The Rays got by with a 4-2 win, and are World Series bound after taking the series 4-3.

The World Series is slated to start on Tuesday, so there will already be a game played by the time you get this.

I am hoping for the LA Dodgers, who are you hoping for?



Thanksgiving update

Heads up if you are in the Kenora area this week.

Due to a kitchen/ ventilation issue, there will be no Thanksgiving meal this week.

The Peer Staff at the Kenora Drop-In are unable to use the stove and kitchen until this issue is fixed.

To everyone else around the area, we will be delivering care packages as usual, and if you are reading this, chances are you have already gotten your package delivered.

The Drop-In staff all across the district want to wish every single one of our clients and members a happy “belated” Thanksgiving. We know that it’s not the same as other

years but we thank you for working with us, and being patient, and for all the “Please and Thank you’s” that we get from all of you. Cheers, and warm wishes, from us to you.



Coat drive happening now

This is just a reminder for anyone who is needed a coat, or some winter clothes.

The coat drive is going on right now at the CN Station here in Fort Frances. For those of you that don’t know where that is, it is in the same building as the family center.

If you would like to PICK UP a coat or winter clothing, you can do so during the following dates at times:

October 16th to October 31st from the hours of 11am to 3pm daily.

Please only take what you need, there are many people and families who need winter wear as well.

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

Zoomers, how are things? It has been nice to have some participation from people, but we would like to see more members at our sessions. We put them on every week for you, and to keep everyone occupied, to learn, to teach, and to have fun in a world that isn't so fun right now.

The whole month of October has Drop-In sessions dedicated to mental health, and conversations around stigma, hope, and recovery. We want to lift people up, lift their

spirits, and bring a little bit of joy in one of the only ways we know how. So please join us, we would love to have you.

Also, check out the Hallowe'en week schedule. There are some neat things happening next week. Wear your favourite costumes to the Zoom sessions, and get entered for a chance to win "Best Costume" for the week. To cast your vote, please e-mail the person's name, and their costume. Votes will be added and the winners will be notified.

Costumes need to be appropriate, and something that you would wear out as if you were attending the Drop-In. Inappropriate costumes will not be entered to win.

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!

Shout out this week to my Fort Frances co-workers.

Our BBQ was awesome! And none of it could have happened if we all didn't pitch in. The bag stuffers, the burger wrappers, the ladies in the kitchen, the cook helpers, the decorators, the staff handing out bags, the management team, just everyone here in Fort Frances.

We had a great turn out, we ran out of bags and burgers, and could have served more. What a great way to celebrate 40 years, and a cheers to 40 more. Also a great way to raise awareness for Mental Illness Awareness Week.

Thank you all for making it successful, fun, and an event to remember.

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.



SUDOKU

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

Today

I will not
stress over things
I can't control

ANSWERS TO LAST WEEK'S SUDOKU:

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

FRUIT AND NUTS

Can you find all the words hidden in the grid? Read backwards or forwards, up or down, even diagonally. The words will always be in a straight line. Cross them off the list as you find them.

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P D E E R A E P X S A C C P U P H M
E P N P R U N E A P G C I C O C J Y
A W I T Y W O T R R R S Q M A G I F
N B R N T Q S I A A T N E E A X N C
U L A O E U C P N A I G P G U A V A
T A T M M O E B C S R B R A Z I L S
M C C A T C E H I A C N O M E L P H
E K E E H R I A N A A O R A N G E E
L C N E R O R A Y Y N D U M Q U T W
O U R Y U Q T J A R H A Z E L N U T
N R Y R R E B P S A R T N J N N N A
Y R R E B W A R T S F E O A S A T N
Z A T G A P M A N G O T B R B C S G
E N O B L A C K B E R R Y E O E E E
M T M G M P N I R A D N A M S P H L
I W A Y O P E N I R E G N A T O C O
L R T U N L A W G Z N M U L P Z O I
B M O M D E V I L O A N A T L U S G
    
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|--------------|------------|-----------|-------------|
| ALMOND | DATE | NECTARINE | POMEGRANATE |
| APPLE | FIG | OLIVE | PRUNE |
| APRICOT | GOOSEBERRY | ORANGE | RAISIN |
| BANANA | GRAPE | PAPAYA | RASPBERRY |
| BLACKBERRY | GUAVA | PEACH | SATSUMA |
| BLACKCURRANT | HAZELNUT | PEANUT | STRAWBERRY |
| BRAZIL | LEMON | PEAR | SULTANA |
| CASHEW | LIME | PECAN | TANGERINE |
| CHERRY | MANDARIN | PINE | TANGELO |
| CHESTNUT | MANGO | PISTACHIO | TOMATO |
| CRANBERRY | MELON | PLUM | WALNUT |