



# Neighbourly News

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## Ky's Korner; show some empathy

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

How can October be over? It feels like I just wrote the first newsletter of the month. Time sure flies.

I was sent an article by someone this week and it spoke about empathy, and employers and the community. I read the article, and all of the information can be applied to everyone, not just an employer or a supervisor.

What was the main headline?

Make sure the person knows they are valued.

I have talked about this before, but it makes such a HUGE difference in daily routines. If someone has done a good job, or someone has helped you out, TELL THEM! Tell them that you appreciate it, say thank you, go out of your way to make them feel worth it. Get them a little thank you card, bake them a little treat, anything so they know how much the help means to you.

In these awful times of isolation, you will probably struggle. It

takes a lot of courage to ask for help, or to say you are struggling. If someone comes to you with that, listen to them, work with them, show some empathy. Again, show them they are valued. I can say that I have had to ask for help a few times in my life, and it's terrifying, but it makes the world of a difference knowing the person I am talking to can vibe with me, and doesn't just brush me off. Be that person, show some love.

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

## The Fall Classic

The World Series, or, The Fall Classic as it can be called by baseball, and sports fans around the globe, is in full swing (see what I did there? Baseball? Swing? Ok, I'm done).

The LA Dodgers are up 3 games to 2 in their best of 7 series against the Tampa Bay Rays.

The series could have gone a bit differently, had it not been for a comedy of errors by the

Dodgers in the bottom of the 9th inning in game 4.

If the Rays come back to force a game 7, it will be played tonight, at 6pm, and a champion will be crowned.



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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.*

## Kenora calendars

Kenora members, if you were around last week, you may have gotten a little visit from a calendar fairy.

Linda sent a little note for everyone:

“Those who participated, stated how they enjoy the new calendars every year. They love the pictures and they find the quotes inspirational and at times, helpful when they’re having a difficult day. One Member told me that they use the calendar

as a “daily planner”.

Thank you for the wonderful feedback, and we really enjoy being able to send out calendars and have you guys enjoy them the way you do. We love the kind words, and hope you all

enjoy them.

Look out for calendars in all other communities coming soon.



## Dryden calendars

If you were in the community of Dryden this week, you might have gotten treated to a new CMHA 2021 calendar.

Philip was out and about and had this to say:

“Corrina left, Rick middle, Daniel right enjoying the new CMHAFF 2021 Calendar. A calendar was given out to each member during care package delivery. Some great

comments about the quotes for each month and service summary. Many members look forward to the new calendar every year, as it helps with their schedules and planning activities for themselves. It brings in the approaching new year with joy and forward thinking of a great future. Take care.”



## Hallowe'en safety

Hallowe'en, like everything else right now, is going to look a little different this year.

If you, your family members, or someone you know is heading out to Trick or Treat, please follow your community guidelines, and suggestions. We all have to wear masks, regardless, and we all need

to be careful of the kids that might be out. Be extra cautious if you are driving around, watch for young children and parents who are out. Make sure you are dressed in some bright clothing if you are going out so that people can see you. Watch out for icy patches on the sidewalks, steps, and driveways. Most importantly, be kind, be safe, and have fun.



## Zoom Zone

Things are about to get Spooky! (Well as spooky as they can during a pandemic).

Welcome to Hallowe'en week! This week during our Zooms, we have a few things going on. As I said before, dress up in your costume this week, and you will have a chance to win a prize for best costume. We have a prize for the best female, and the best male costume. Remember, they need to be appropriate, or you will not be considered. Voting ends on Friday.

Before you get this letter, Linda will have done "Baking on a Budget", and we will have already had a couple of "Mental Health Zone" sessions done for the week. Also, make sure you tune in on Thursday, October 29th from 2-3pm for the virtual tour. I have been to a couple of them, and they are pretty cool. Come and join us!

We had a calendar planning meeting last week, so be on the lookout for a new Zoom calendar for November coming out in the next

little while. We will send it out in weekly care packages as well when everything gets finalized. If you have any ideas, send them our way, we want to do things that interest you, and for you. Let us know.

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](mailto:peersupport@cmhaff.ca) and we will send you all the information you need.

## Shout out!

A couple shout outs this week.

First is to Contact North, and Dawson for sending us information on online education, and some free courses for anyone who is interested. If you want more information send me an e-mail and I will pass along the information for you.

Second shout out is to all of my Fort Frances Crew again. You made our Thanksgiving Care Packages a REALLY big success. To all the staff that helped, and took extra bags so that more people could get a meal; we appreciate it so very much. Cheers to you for always helping out, and looking after our clients and members. Big thanks to Paul for helping us with the hams, we

would have been in deep without your help. Thank you!

If you have someone that deserves a shout out, e-mail me:

[kossachuk@cmhaff.ca](mailto:kossachuk@cmhaff.ca)

No act of kindness should go unnoticed.





## SUDOKU

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

## ANSWERS TO LAST WEEK'S SUDOKU:

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

# HALLOWEEN WORD SEARCH

Find all the words!

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

GHOST  
TREAT  
BATS  
SPOOKY  
COFFIN  
SKELETON  
WEB



TRICK  
COSTUME  
PUMPKINS  
BROOMSTICK  
BLACK  
SCARECROW  
WEREWOLF



CANDY  
VAMPIRE  
STRAW  
WITCH  
CAT  
SPIDER

