



Neighbourly News



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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.*

Ky's Korner; change is good

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

Hey everyone! I hope all is well, and that you are all enjoying your week.

There have been a few changes since the last time you read a newsletter, so let's go through it together and lay it all out.

First thing's first. The newsletter is now moving to once every two weeks. So we didn't have one last week, and we will have one this week and from here on out, it will go every other week.

Change number two; care packages. You will notice that there were no care packages last week. Along with the newsletter, care packages have also been moved to every second week. So the newsletter and care packages for each community will come out on the same weeks, and come out together.

In your own communities, you may notice some other changes in the coming weeks. We are going to be trying new things, separate to each area, and not each community will be the same, but we

are trying to get some things going to promote small groups, and little activities. Stay tuned for more information on that.

Also, with Christmas cruising in real fast, we are all, as a whole, looking at ideas for Christmas things that we could do. There will be no big Christmas gatherings due to the pandemic, but we will still figure something out. If you have any ideas, please let your local Peer Staff know. We would love to hear from you.

Stay safe out there. Wear your mask.

Manitoba COVID outbreak is critical

The province of Manitoba is on lock down. They are in the RED zone, which is considered CRITICAL.

Travel to Manitoba is not advised, unless absolutely necessary.

As of November 16th, there are currently over 7000 active cases, over 250 hospitalizations, and there have been almost 200 deaths.

Manitoba health officials and doctors are pleading

for people to stay home, and obey the lock down rules, and to wear a mask if you need to go out, and wash your hands. We need to do the same here. Stay home, do not have gatherings, wear a mask, and wash your hands.

Take time to look at the stars

From the Desk of Donna:

Everyone can enjoy astronomy just by stepping outside on a clear night. With these tips, you will be able to make the most of the night sky and start your own exploration of the universe.

Move away from city lights. Cities are filled with light pollution caused by streetlamps, buildings and cars that drown out dimmer stars and planets in the sky.

Find a clear spot where you can see as close to the horizon as possible.

Make sure tall buildings and trees are not blocking your view as you stargaze. Getting higher up on mountain tops can give you a great vantage point.

Check the weather forecast. Nothing ruins a night of stargazing like the sudden appearance of clouds. Also make sure to dress for the weather: nights can get chilly all year round!

Did you know that you can observe the Moon's craters with regular binoculars? A telescope is best for objects like planets, galaxies, and nebulae. There are many different kinds of telescopes at different price points. You'll find lots of guides online to pick the best telescope for you.



SAD?

Lessons from Lisa:

The reduced light, warmth, and color of winter leaves lots of people feeling a little more melancholy or tired—and isn't necessarily something to worry about. But if your symptoms crop up around the same time each year, have a real impact on your quality of life, and improve when the seasons change,

you may have seasonal affective disorder.

Here are some tips to help you out when things get tough:

Get as much natural sunlight as possible. Get outside during daylight hours and expose yourself to the sun without wearing sunglasses (but never stare directly at the sun). Sunlight, even in the

small doses that winter allows, can help boost serotonin levels and improve your mood.

Find exercises that are continuous and rhythmic. The most benefits for depression come from rhythmic exercise—such as walking, weight training, swimming, martial arts, or dancing—where you move both your arms and legs.

Movember

If you have not heard, November is no longer “November”. It has recently been called “Movember”.

“Mental health and suicide prevention, prostate cancer and testicular cancer – we’re taking them all on.

Since 2003, Movember has funded more than 1,250 men’s health

projects around the world, challenging the status quo, shaking up men’s health research and transforming the way health services reach and support men.

We exist to help men live happier, healthier, longer lives – this is what drives every single one of our 1,250 men’s health projects.

In everything we do, we strive to be transparent and accountable. We report thoroughly on each project so that our Mo Bros and Mo Sisters can see how their support is changing the lives of men around the world.”

If you are interested, check out movember.com to read more.

Zoom Zone

Zoomers! Here is a message from Reece:

“Good day everyone! This past week on Zoom we had another virtual tour! This time, we explored the Vatican, and several Aquariums, where we saw things like fish, and even some penguins, as pictured here!

Thank you for your patience with the changes, albeit small, to the calendar this month. I appreciate

the Zooms and it’s always great to see everyone’s smiling faces on there and as always, have some laughs and fun!

We also had a great time with our ‘Strange Facts’ group; do you know lobsters taste with their feet? Neither did I! Join us again this month, as we have lots of great groups happening this month. As always, have a great day!”

We hope to see you whenever you are able to make it. It is always a fun and safe environment for you to come and hang out. Send us an e-mail for more information peersupport@cmhaff.ca.

Check out those cute penguins!



Shout out!

One of my shout outs this week goes out to a wonderful lady that I know in the community of Fort Frances.

Mrs Marie Bock, shout out to you for donating the homemade, handmade crusts for our quiche care package lunch this week. Mrs Bock is a family friend, and asked if she could donate something to our

care package program in Fort Frances. We gladly accepted her offer of anything that she wanted to donate, and we were gifted with wonderful pie crusts.

Thank you from all of the clients, members and Peer Staff at CMHA-Fort Frances. Your kindness is greatly appreciated.

If you have someone in mind who deserves a shout out, e-mail ME! Acts of kindness deserve to be recognized kossachuk@cmhaff.ca Send me anything you want, anyone who deserves a shout out, or something you saw that deserves a shout out. I love spreading kindness and joy, so help me do that! Let’s Go!

Transgender Day of Remembrance

CMHA Fort Frances Branch joins individuals and organizations worldwide to commemorate the Transgender Day of Remembrance, an annual observance on November 20 that honours the memory of the transgender people whose lives were lost in acts of anti-transgender violence. These acts of violence are due to stigma and discrimination against their identity and community.

On this Day of Remembrance, CMHA Fort Frances Branch stands with others in remembering those whose lives have been lost, whose families and loved ones have been hurt, and those who advocate for a safer path ahead.

CMHA honours members of the transgender community who have shared their experiences and hopes to create new avenues to have their

voices heard in the influence of greater education, service design, programming and delivery.

It costs nothing to be kind. It costs nothing to smile. Be kind to people, you never know what battles they are fighting.

Love always wins.

Your life is already
a miracle of chance
waiting for you to
shape its destiny.

—
TONI MORRISON

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I	1	5	3	9	6	4	7	8	2

Waves Word Search

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Acoustics
Amplitude
Coherent
Crest
Diffraction
Electromagnetic
Frequency
Hertz
Intensity
Interference

Longitudinal
Mechanical
Medium
Optics
Period
Phase
Polarization
Propagation
Pulse
Reflection

Refraction
Resonance
Sinusoidal
Speed
Standing
Surface
Transverse
Trough
Wavelength
Wavenumber