



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; Christmas break

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

You guys, Christmas is coming. How can it be the middle of December already? My how time has flown.

I hope everyone is enjoying the milder weather we have been having, I know I sure am. The less snow I have to shovel, the better.

This will be the last newsletter until the New Year, so I just wanted to take some time to send out some reminders.

The number for the warm line is 1 888 777 0979, and you can call that whenever you need. There are Peer Support professionals that will talk to you if times get tough, or things get to be too much.

Please continue to be safe over the holidays. Wear your masks, stay home unless you really need to go out, and keep on top of your hand hygiene.

Travel outside of Northwestern Ontario is not recommended at this time, and if you do leave the area, there are some self isolation and

quarantine measures that you would need to consider. Stay home, and keep everyone safe. The more we stay home, the less we have to stay home in the long run.

Our CMHA- FF offices are closed from December 24th at 2pm, until Monday, January 4th at 8:30am.

From all of us here at CMHA- FF branch, we want to wish you a safe and happy holiday season, and we will catch up when we get back.

The Crisis number is 1 866 888 8988.

CMHA- FF has a new website

For all of you tech savvy people out there, CMHA- Fort Frances branch has a new website!

If you check out <https://fortfrances.cmha.ca/> you can have a peek at our

new and improved website. This was months in the making, but it is finally here. It took a lot of work, and a lot of time, but it looks wonderful.

Thank you to everyone

who helped out, and gave input. Special thank you to Chelsea

Delightful Donna's Cool Creativity Class

From the desk of Donna:

Don't forget about our Snowflake making class this Friday! If you have not signed up, and you would like to, please do so as quick as possible so that you get all the materials you need.

Our e-mail is
peersupport@cmhaff.ca

See you there!



Listening= learning

Points from Philip:

All of us have listening skills. Sometimes we engage in conversation with the people around us and, others try telling us something. But have we truly understood what that person has told us? How can we become an even better listener?

Listening to a person affectively makes them feel good and raises

their self-esteem.

Give the person time to talk even if they are slow or fast talker.

Listening to a person also means you should repeat some of the main points back to them. It is ok to ask for someone to repeat a part of what they told you. But sometimes if someone is overloading you with information you could suggest that the person summarizes what they are telling you. Have them focus on

the first topic until it is done. Then move onto the next topic. At times we know this may not be easy.

Listening skills vary from person to person. Some people can read between the lines, others cannot. Most of us continually learn and improve our listening skills as we get older and get to know a person better. None of us are mind readers, so we all need to continually develop our listening skills.

Where have all the good people gone?

Life lessons from Linda:

I had to think about what I wanted to write today. To begin, my tolerance for nonsense has become increasingly less since COVID-19 came into our world. We have people who are: anti-maskers, those who believe that COVID is a hoax and some who believe that this whole thing is a conspiracy theory. There are so many thoughts

and theories about this virus that just won't go away. What is the truth about this new virus that has captured the world and kept us from moving forward?

For the last 9 months, we have new codes to live by: green, yellow, orange, red and gray. The code of kindness, honesty and compassion

is hard to find from where I'm standing, I realize that I'm not the only one who sees it and feels it. I am upset with those who have left kindness, honesty and compassion behind....like a distant memory. I wonder if that's just their true colours coming to the surface. This leads me to believe that: mankind is not kind and never was.

Zoom Zone

Hey Zoomers, here is a Zoom note from Reece:

“I hope everyone is being jolly and trying to find the Light during this season; Santa is coming!

We have a lot of Zoom’s happening around Christmas this year, and they’ve just begun.

Catch Philip on Monday’s for some special Christmas themed

groups. We were able to tour the world last week and saw some beautiful Christmas lights displays. We will also be wrapping presents on the 23rd.

Remember, we will not be having any Zooms on the 24th through to the 4th of January. I hope everyone has a wonderful holiday this year! Season’s Greetings!”

Happy Holidays from all of the Peer Staff, to everyone out there who has

been on a Zoom, and continues to support our efforts. We love having everyone around, and the joy and laughs it brings to all of us, and you.

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.

Shout out!

Shout outs this week are plentiful, so I will save some for next time.

Paul, in Fort Frances, thank you for putting together your annual Salvation Army campaign. We as a whole here in Fort Frances managed to get Paul a whole truck load (legit, a full truck) of food, and a monetary donation as well. Thank you Paul for doing this again.

To all my staff and co-workers in Fort Frances, thank you for all of your help filling the dinning room for Paul’s campaign. We did an awesome job, and I am super proud of all of us.

Again, to my people here at the Fort Frances office, thank you all for your efforts over the last few days to help out with cooking our

Christmas meal, and for helping with packaging and getting them out to everyone. We managed to get 60 meals out to the people in our community, and I think that that is AMAZING!

I hope you all have a safe and happy holiday, and I appreciate every one of you. Cheers.

Fort Frances Community Dinner is a GO!

Fort Frances residents!

Pay attention! The Community Christmas dinner is a go, but you need to call and reserve your meal NOW! Here are the directions that you need to call. If you have no way of calling, get a hold of your CMHA worker, and they will help you find a way to call and get yourself a Christmas meal.

We would like to announce that there will be a Community Christmas Dinner this year! Due to COVID-19 we are unable to host the dinner as usual at the Knox United Church. We will be offering takeout and delivery ONLY! Traditional Christmas dinner will be served all from the comfort, and safety of your own home. Take out will be available from 12-2pm from Flint House 232 Scott St. With delivery to be starting at 11am. Due

to COVID-19 we are unable to accept individual food donations. We will be accepting monetary donations, which can be brought to Community Living or Flint House. Please give us a call at 807-276-6425 to order your meal!

With the holidays soon approaching, let's help one another get through them. Smile at people and say "hello". It does not cost anything, but it could make the difference in someone's day. Be patient with people, you're not the only one who is rushing in the busy season.

SUDOKU

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

ANSWERS TO LAST WEEK'S SUDOKU:

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

Christmas Word Search



A Christmas word search grid consisting of 20 rows of letters. The letters are arranged in a triangular shape, with the top row having 2 letters and the bottom row having 20 letters. The letters are: Row 1: A N; Row 2: F R; Row 3: Y J W Z; Row 4: K Z I Y; Row 5: T W K P E Y; Row 6: K F U D C V; Row 7: X J O L L Y G J; Row 8: G M Y S J V S L; Row 9: G B U B L M J Z S C; Row 10: D H V S L P X V I G; Row 11: T R Q O P E R H L H B A; Row 12: T F I N T B C W P J N L; Row 13: R S Y Z O K I B M O S O I Z; Row 14: E T Y L P W O A E U R U U T; Row 15: C E J C Y I T T J L U H C L P P; Row 16: N D C V D U G K A I V P F Q B T; Row 17: O S N Y L E D M S Q W G Y V B P S A; Row 18: P K I G F A I I W U S S Q E H V V R; Row 19: T R E E X S Y E S W Z T P O B J G S L P; Row 20: L W V R E L U C T E L V E S N D Y U F C; Row 21: I Q P N L F E K E L E G G N O G O F T M I X; Row 22: A Y G S R Z D J L E Q V N T O J G X S B B N; Row 23: P P T B O C X R Z E T N B I M U I E P J D M D Y; Row 24: Y Y P S O H J B S B O M M P O B V C J N N H L H; Row 25: U N R U A L I V M F R E Q V M Q I X T W D H W X G P; Row 26: R F R M N B M S C H A X Q S G N I K C O T S C T F E; Row 27: M L P E P T Q N I I H T N G T G C O E X A R M A Z A K W; Row 28: C V X M Q A Y E O R E E R P R V N W X B D L C K O Y X R; Row 29: U G K F J Z J H Y N H T A E R W X B H M T U O H O Q P F W O; Row 30: F W I V O G B I N X K C O V X A Y N O A I W Z N P Y O V L M

BELLS
STOCKINGS
WREATH
ELVES
SLED

CELEBRATE
EGGNOG
TREE
JOLLY
SANTA

MERRY
MISTLETOE
CHIMNEY
REINDEER