



Neighbourly News

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Ky's Korner; goal(s)

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Welcome back everyone! Who knew that 2021 would be here already? I know I didn't. Looking back at 2020, it was not a good year, and a lot has happened, and is still happening, but we get another try this year, so let's make it count.

Let's talk resolutions. I will tell you right now, they are not my cup of tea. I do not possess the will power or the drive to make goals for myself, and stick to them. I just let myself down, and goodness know there has

been enough let down lately. I, personally don't need anymore.

However, if you are a "goal" person, make yourself some small goals for 2021. From what I do know about goals and setting and reaching them, you need to start small, so that you can reach that goal, get yourself hyped up, and then make more. The idea is to complete a bunch of small ones, rather than one big one. There is no rule that says you can only have one goal; you can have 50 goals if you want. You are allowed to do whatever works for you.

You can set weight loss goals, you can set a reading goal, a meditation goal, whatever suits you. Don't do anything that you don't want to do, but get out of your comfort zone a little bit. Don't do something because someone else wants you to, do something for YOU. Something that will make you happy, and something that will make you feel accomplished.

Never give up, always keep your chin up, and keep moving forward.

If you need it, the Crisis number is 1 866 888 8988.

COVID lockdown

The Ontario Government has implemented a provincial lockdown for the whole province. This lockdown took effect at 12:01am on December 26th, and will be re-evaluated on January 9th.

As you know all non essential services have been closed, and restaurants and bars are only offering delivery or curbside pick up.

There are no social gatherings in homes, and you are to only be socializing with the

people in your CURRENT household. Please stay home, and follow the regulations, they are important to help stop the spread. More information is available at <https://www.cbc.ca/news/canada/toronto/ontario-shutdown-details-pdf-1.5850224>



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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.*

Easy potato soup recipe

Here is a little recipe from Lisa for everyone over the holidays.

READY IN: 20mins

SERVES: 4

INGREDIENTS

6 medium potatoes, peeled and diced

5 cups water

1(10 3/4 ounce) can condensed cream of celery soup

2 cups milk

1/4 cup chopped fresh raw onion (optional)

1/8 teaspoon ground red pepper (optional)

DIRECTIONS

Peel and dice potatoes (the smaller you dice, the faster they cook).

Place in pan with enough water to cover potatoes.

Cover and cook potatoes until done.

Drain water and return to pan.

With a potato masher, mash 1/2 of the potatoes (this will serve as your thickener).

Add cream of celery and milk. Stir and heat on low, stirring frequently until desired temperature is reached.

Serve with fresh chopped onion and a sprinkle of ground red pepper if desired. (this really makes it yummy).

Look after your eyes

Points from Philip:

During this pandemic many of us are spending a significant amount of time staring at a computer screen.

But without giving our eyes proper breaks, this can have some harmful effects. Our eyes can become tired, cause blurry vision and even dry eyes. This can cause us to have

issues concentrating, focusing and even have long term vision problems which require corrective lenses or even surgery.

We should all try and give our peepers a bit of a break by looking away from the screen every 20 minutes, and focusing on an object at least 7-10 meters away. We should also have a source of light nearby the screen and not sit in the dark to reduce eye strain. This will

give your eyes a break. It is also important to limit your screen time before bed time, as it can have significant effect on your quality of sleep. As much as screen time control is important for parents of children, also too for all adults. We all want to come out of this pandemic as healthy as possible and taking good care of your eyes is a very good start.

Bird chat

Life lessons from Linda:

As some of you know, my preferred space is with nature. I enjoy the peace, fragrance, texture and the beautiful sights and sounds that Mother Nature provides.

Every day I wake up, I'm grateful to have such beauty and simplicity surround me. I enjoy listening to the birds sing and their company.

Where I live, there are so many species who stop to feed, nest and raise their young. Each bird has its own unique song and they sing for many reasons and so many travel with the different seasons.

There are birds that stick around all through the year: the blue jay, whiskey jacks, bald eagles, ravens and chickadees. Other birds, such as the great grey owl, stop in only

during the cooler months. Many of the song birds, or warblers, fly south in the cooler months and come back in the spring to have their young.

I am so grateful to have the opportunity to see and hear many of these beauties and the uniqueness of what they provide for Mother Nature. I am amazed to know there are at least 366 species of birds in our local.

Zoom Zone

Hey Zoomers, here is a Zoom note from Reece:

“Hello everyone and Happy New Year! Once we get back we will be off to a roaring start with Zooms!

If you missed the opportunity for a few Zooms during the first week, have no fear! We have lots going on, with old twists like Baking on a Budget (woohoo!) and a Virtual Tour, and a new group, entitled ‘Cultural Feedback’, where we ask

for your opinion on how we can be more culturally aware to the needs of our members!

I hope everyone had a Happy Holiday and we welcome this new year with Hope, Courage, and Joy as we see to the changes around us! Thanks!”

Happy New Year from all of your Peer Support Staff. We wish you all the best in what is coming in 2021, and hope that we can make it the

best year possible, all things considered. Keep your chin up, we are all in this together.

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!

Oh wow, ok, lots happening here with this one, so lets dive in.

Shout out to Christie and her daughter Jill for baking close to 250 cookies for our Christmas lunch. Each bag had 4 different cookies in it, and we sent out over 60 bags. Thank you girls, your generosity is amazing, and we all appreciate it.

Shout out to Paul for taking the turkeys by the wings and doing the majority of the cooking for our Christmas lunch. You are a wonderful co-worker Paul, thank you again.

To all of the staff who helped cook, clean, package, and distribute, I

want to say thank you again because once wasn't enough.

Finally, to every single one of you who helped get out the 57 Salvation Army hamper; thank you, so very much. The smiles on people's faces made all of the work, and heavy lifting worth it. Thanks to my truck crew who helped out with our short time window to pick everything up.



Exercise
 TO BE FIT, NOT 'SKINNY'

Eat TO NOURISH
 YOUR BODY

AND ALWAYS... **Ignore**
 THE HATERS, DOUBTERS &
 UNHEALTHY EXAMPLES THAT
 WERE ONCE FEEDING YOU.

You ARE WORTH MORE
 THAN YOU REALISE

Warm Line & Peer Crisis Support
 Telephone Peer Support

1 888 777 0979

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



SUDOKU

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

ANSWERS TO LAST WEEK'S SUDOKU:

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



MOZART

January Word Search - Hard



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

1. AMADEUS
2. AUSTRIA
3. CATHOLIC
4. CLASSICAL
5. CLAVIER
6. COMPOSER
7. CONCERTO
8. FREEMASON
9. GERMANY

10. HARPSICHORD
11. MINUET
12. OPERA
13. ORGAN
14. PAUPER
15. PIANO
16. PRODIGY
17. REQUIEM
18. ROCOCO

19. SALZBURG
20. SONATA
21. SYMPHONY
22. VIOLIN
23. WOLFGANG

