

Neighbourly News

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Wednesday, January 27th, 2021



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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; let's talk

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

It is that time of year again. The "Bell Let's Talk Campaign" is about to get started.

If you don't know what that is, here is a quick run down. It is a campaign presented by Bell Canada that is helping to support mental health initiatives, and has been going on since 2010.

Building on ten years of increased awareness and acceptance around mental health, Bell Let's

Talk is focused on engaging Canadians to take action to create positive change in mental health.

In March 2020, Bell announced the extension of the Bell Let's Talk mental health initiative for a further 5 years and an increase in Bell's total funding commitment for Canadian mental health to at least \$155 million.

This initiative has become so popular since its start. TV personalities, celebrities, major corporations, and many other people just like you and I are on board to talk about

mental health, and it all starts on Thursday, January 28th.

Each time someone shares one of Bell's social media posts about #BellLetsTalk, Bell donates money towards mental health in Canada. If you have social media, be on the lookout on Thursday, and send a text, a Facebook share, an Instagram post, or retweet a Tweet to help us put an end to mental illness stigma.

Thursday, let's make a difference. Let's Talk.

COVID Ontario update

As of right now, Ontario is still under lockdown, and a stay at home order.

In our area of Northwestern Ontario, the schools have opened this week for in class

learning for all students again.

The State of emergency, and lockdown period has been extended until February 9th, and the government will assess again as that date comes

closer. Essential services will continue, however, we all still need to stay at home, and not be gathering.

Wear your masks and wash your hands. We can make a difference.

New Year's check in

We are almost at the end of January 2021 already, and I wanted to check in with everyone who has set themselves a goal, or goals plural.

How is everyone doing? Are you doing well with your goals? Are you seeing results? What is happening?

I know that the lockdown and state of emergency has maybe put a wrench into some plans, but we can still carry on.

If your goal was fitness related, you can still go outside for walks. The fresh air will do you good, and as long as you are keeping your distance, and following mask procedures. There are also many workouts you can do in the comfort of your own living room. I can tell you that one of my goals is fitness related, and I have had to turn a room in my basement into a bit of a workout area. We can make anything work if we put our minds to it, and do our research, and become creative.

If your goal is more mentality related or self care related, well then it is a little easier for you. You are able to reflect, look at options like reading, journaling, writing stories, or poetry, or something as simple as a meditation.

Goals are goals. As I previously discussed, everyone has different goals, different dreams, but we are all working towards the same thing; self love, self confidence, and meeting those goals. Let's meet them.

Self- Control

Points from Philip

What do you think of when you say, Self-Control?

We all have the capability. The simplest definition is the ability to regulate one's emotions, thoughts, and behaviour in the face of temptations and impulses.

This is a very important ability for achieving our goals. And you may have heard it mentioned by health care professionals.

One way to have self-control is internal self-talk and stepping back from something for a brief moment, the age old saying "stop and smell the roses". If we stretch time a little bit more and putting the situation

into your personal filter, we can avoid unwanted behaviour and actions. And in controlling ourselves, we are also reflecting respect back to the other people around you.

The new year is a great time to start practicing this skill.

Weird days in February

From the desk of Donna:

Here are some of the weirdest days in February. Are you celebrating?

February 2: National Tater Tot Day

February 3: National Carrot Cake Day

February 4: National Homemade Soup Day

February 5: National Shower with a Friend Day

February 7: National Fettuccine Alfredo Day

February 9: National No One Eats Alone Day

February 10: National Umbrella Day

February 11: National Don't Cry Over Spilled Milk Day

February 15: Singles Awareness Day

February 17: National Random Acts of Kindness Day

February 22: National Cook a Sweet Potato Day

February 28: National Public Sleeping Day

Zoom Zone

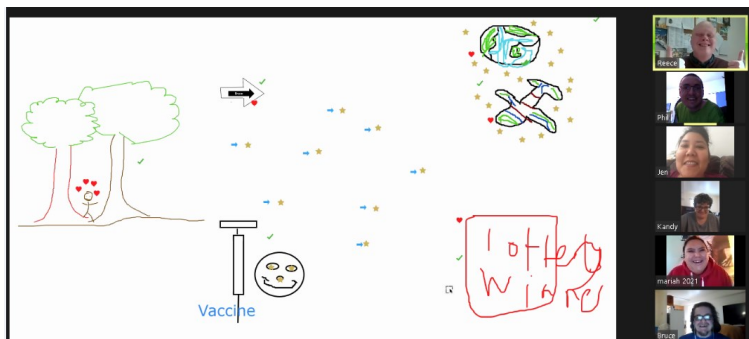
“Hello everyone! We are officially in another lockdown in Ontario, so with these challenging times, we try to remain hopeful.

In this picture we drew things that we have hope for in the future. This was part of our ‘Hope’ educational that Philip and I did recently. These times are hard, but remaining hopeful and resilient to change allows us to overcome obstacles and challenges that we face in our day to day lives. Zoom has proven able to keep us all connected through

these difficult, although quite rewarding, months. I hope to see you all on Zooms with us in the future! A special shout out and thank you to all the members/staff who make Zoom possible. I am grateful and appreciative of the time we’ve spent together virtually over the past year. We continue to laugh, smile, and wonder as we

overcome each hurdle that we encounter every day. Thank you, from Reece.”

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.



Always be kind to yourself

Being kind to ourselves.

How many times have we heard our peers say that? What does that mean?

Well, to start, being kind to yourself means not putting yourself down severely for not being able to be perfect at everything that you think you should be.

This includes for you to stop comparing yourself to other people. We all have strengths in different areas.

To continue, it also means not holding yourself to standards that are high in the sky and unattainable. Last of all, it means that you stop beating yourself up when you make a mistake.

If we turn this “stinking thinking”

around, we can grow as an individual. These moments allow us to put personal goals in place and if we write our goals down, there is good chance that we can reach them. The next time you start to beat yourself up, ask yourself one question: would you say this to someone that you care about? Would you put them down because they weren't perfect?

Shout Out!

Shout out this week to every single one of us who have been doing our part to follow the lockdown and stay home and stay safe. It is important that we follow the guidelines as best that we can to help stop the spread of this terrible virus.

It is not the most ideal situation, but we are all in this together. Seeing people wearing masks, and keeping their distance, or staying

home, whatever the case may be, that is what is helping others. All of this time at home now is keeping us safe so that we can have time with family, and friends later. So that we can get back to the Drop- Ins and see everyone again.

Another shout out to the members who came to the calendar planning meeting. If you are able to, we would really appreciate your participation in

our planning. The Peer Staff don't want to plan activities that people don't want to participate in. We need your input, we need to know what you want. If you are unable to attend a Zoom meeting, you are always welcome to call the Peer Staff and give us your ideas over the phone. Help us help you.

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BEGINS
AT THE END
OF YOUR
COMFORT
ZONE**

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ANSWERS TO LAST WEEK'S SUDOKU:

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

The Vaccine before Christmas

By Kevin A. Wilson (with apologies to Clement Clarke Moore)

'Twas some days before Christmas how many I'm not sure, (The days ran together; everything was a blur).
All the houses were locked down from COVID-19, With everyone wishing for the promised vaccine.
The children were nestled and sleeping just fine. They were all tuckered out from their classes online.
And mamma in her kerchief and I in my cap Had just sanitized our hands and hung up our masks.

The year had been hard. We were due a vacation.

But the thing wanted most? Emergency use authorization.

Then out on the lawn there arose such a clatter, I assumed it was another 2020 disaster.
I ran to the window and put on my mask, But what would I see? I was too scared to ask.

The neighbors were quiet and socially distant, awaiting the time they'd be COVID resistant.
But despite travel bans, there then did appear a miniature sleigh and eight tiny reindeer.

But this wasn't Santa. His gut wasn't paunchy. It was the trusted presence of Anthony Fauci.
More rapid than eagles, at warp speed they came, And he whistled, and shouted, and called them by name:
"Now Pfizer! Now Sanofi! Now Johnson & Johnson! "On Moderna! On BioNTech! On Adaptive and Amgen!
To the top of the porch! To the top of the wall! Now vaccinate, vaccinate, vaccinate all!"

As a virus expelled by a cough or a sneeze When it meets plexiglass rises up on the breeze
So up to the house-top the pharma all flew, With the sleigh full of hope, and Dr. Fauci, too.
And then, in a twinkling, I heard on the roof The prancing and pawing of each little hoof.
As I drew in my head, and was turning around, Down the chimney Fauci came with a bound.
He was dressed in a suit, as was always his way, And his neatly cut hair was a smart silver-grey.
A chart in one hand, a syringe in the other, And a medical bag a gift from his mother.

The wisdom in his eyes and the knowledge in his head Soon gave me to know I had nothing to dread.
With his reassuring smile covered up with a mask, His no-nonsense style led him straight to the task.
He sprung to my side as I rolled up my sleeve, And he stuck in the vaccine as quick as you please.
He flew to the bedroom, gave mamma a shot, Then vaxxed both our kids without waking them up.

Inoculations complete, he returned to the chimney, And gave me a pamphlet about what he put in me.
Then raising his finger but not touching his nose, And giving a nod, up the chimney he rose.
"C'mon, team!" he said. "We've a great opportunity. If we vaccinate more we can reach herd immunity!"

Then he yelled back to me, as the sleigh quickly rose, "I'll be back in a fortnight for the follow-up dose."