

# 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; new beginnings

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

Good day everyone. I hope all is going well and you are all staying well.

With February coming to an end in the next couple of weeks, and March coming in hot (or at least warmer than it has been), things are going to start changing. Trees will grow leaves and turn green, flowers will bloom, springtime wildlife will be born, grass will turn green, and the sun will be out for a few extra hours a day.

With that being said, it is kind of like we are all starting over, getting new leaves, and getting more sunlight.

This passed year has been rough on everyone. The COVID pandemic has caused a lot of sadness, anxiety, grief, and even anger. Those feelings are all real, and all valid. We have to deal with those feelings, though, so that we can overcome, and come back stronger and better than we have been.

Spring is that chance. We can get back to going outside in the nice weather, going for walks,

or having visits outside with friends and family. We can go fishing, hiking, boating, swimming, all of the things that make us feel good. For all you morning people, you can get up and sit outside and watch the sunrise with your coffee, or morning beverage of choice.

It is all about perspective, and I think that we can all use a little positivity right now. Let's use the changing of the seasons to shed a little bit of light at the end of the tunnel.

Stay safe, and stay well.

## Ontario COVID update

Ontario, for the most part, is doing better in the COVID department.

Many areas in the province have come out of the lockdown, and are now in yellow or green areas.

People in the Kenora district are currently dealing with a large spike in cases, and are trying to get that under control. Due to that spike in cases, staff in the Kenora office are still going to be working from home for the majority of

the time. Staff in all other offices will start to slowly have staff coming back as they were before Christmas.

Please continue to be safe, wear a mask, and wash your hands.

# Laughing with Lisa

Laughs with Lisa:

Hey everyone, here are a few funnies that I found to brighten up your day. I hope you are all taking care and staying safe.

We hope to see you all again soon, but we need to get through this outbreak first. Wash your hands, stay safe, and wear your mask. Give us a call if you ever need anything.

- Lisa



## Audio books

Points from Philip

Many of us like to read books. Some have thought about the idea and cannot get past the task of reading for long periods of time.

So why not try listening to a book? Audio books are great relaxing pastimes. Your local Library or even on the internet, has many options.

You can listen to educational books, documentary books, fiction and non-fiction. You can sit back and relax as someone else reads the book to you!

Audio books are available to listen to on your phone, tablet, or even on platforms such as YouTube, Spotify, or Amazon Prime (which requires a monthly subscription).

If you struggle with the thought of reading a whole book, or even if you just want a change of pace, audiobooks are a great resource, and all of the libraries in the area offer audiobooks for you to listen to. There is also a library app called "Libby" that you can download, and get digital books, as well as audiobooks. All you need is a library card, and a smart phone or a tablet.

## The Boreal Forest

Life lessons with Linda:

Boreal forest facts for you!

In the spring, 1 to 3 billion birds migrate north to the boreal forest to breed.

The great gray owl is North America's largest owl. It is a year-round resident of Canada's boreal forest.

The annual precipitation comes mostly in the form of snow, not rain.

This forest has some the cleanest and deepest fresh water lakes on the planet. For example: Great Slave Lake, Northwest Territories is considered North America's deepest lake.

The boreal forest can store twice as much carbon per acre as tropical rain forests.

The annual temperature ranges from: 21degrees Celsius to -54 Celsius.

The Canadian boreal forest contains wetlands: swamps and so on, that filter millions of litres of water per day.

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## Zoom Zone

Zoomers!

How goes it? Kyleigh here filling in for Reece, as he is off enjoying some well deserved time off.

Last week I facilitated the “calendar planning meeting”, and we had a couple members show up and give some input. It was nice to see some faces and have that input, but we would like to see more. We only have one calendar planning meeting a month, and we are always looking

for new ideas, and things that you, as members, want to see. So please, if you are able to, come to the next calendar planning meeting.

As for the new calendar, it will be pieced together over the next little while, and we will have it out to you as soon as we have everything finalized. We are working around new COVID protocols for the different offices, so please bare with us as we try and do the best that we can.

Reece will be back to his regularly scheduled programming starting this week, and the rest of the staff are excited to start a new month, and have some new information for everyone.

If you are interested in any of these sessions, please email [peersupport@cmhaff.ca](mailto:peersupport@cmhaff.ca) and we will be happy to send you the information so you can join in the fun with us. We are all there for the same reasons, we want to talk, visit, and support each other.

## Sweet potatoes or yams?

A minute with Marilyn:

Sweet potatoes and yams are both underground tuber vegetables; however they are actually very different. They belong to different plant families and are distantly related.

Sweet Potatoes are a starchy root vegetable. They are long and tapered with a smooth skin that can vary in color. Ranging from yellow,

orange, red, brown or purple. There are two main types of sweet potatoes. [Dark-skinned, Orange-fleshed sweet potatoes, or [Golden-skinned, pale-fleshed sweet potatoes].

Yams can grow very large. Size can vary from a small potato up to 5 feet, and weigh up to 132 pounds. Yams have some distinct characteristics that help distinguish them from sweet potatoes. Mainly

their size and skin. They are a cylinder shape with brown, rough bark-like skin that is difficult to peel.

Sweet potatoes are a great source of beta-carotene, which increases your vitamin A levels. They are also rich in antioxidants. Yams are rich in potassium and manganese.

## Fun Facts about Canada

Jill's

1. Canada is the second largest country in the world after Russia.
2. Canada is home to the longest coastline in the world, The coastline stretches 202,080 km's.
3. 90% of Canadians live less than 200 kilometers from the border with the United States.
4. Canada has the most donut shops in the world.

5. Canada's greatest theft was maple syrup. Between 2011-2012 3,000 tons of maple syrup was stolen in Quebec with a total value of 18.7 million dollars in the great maple syrup heist.
6. The Hawaiian pizza was invented by a Greek Canadian named Sam Panopoulos from Ontario Canada.
7. In BC it is illegal to hunt a Sasquatch, it can get you a fine of 250,000.00.

8. Canada has the world's most northerly sand dunes.
9. The famous Canadian interjection “eh” is actually in the Canadian oxford dictionary.
10. Only in Canada could it go from minus 19 Celsius to plus 22 Celsius in a hour, this happened in Pincher creek Alberta in 1962.

**Fall in love with yourself.**

Fall in love with yourself, it's alright.

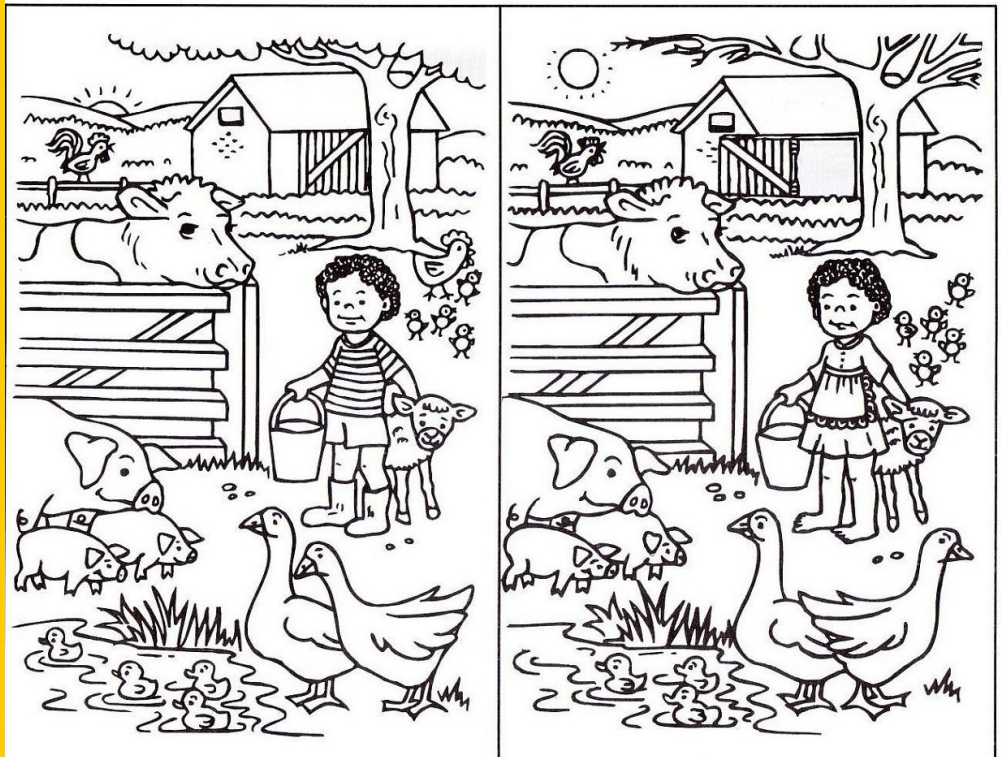
Fall in love with taking care of yourself, for you deserve it.

Fall in love with the path of deep healing; we will be there to walk beside you.

Fall in love with becoming the best version of yourself but with patience, with compassion and respect to your own journey.

We will be here to cheer you on, as you fall in love with yourself. What a beautiful journey love can be.

**SPOT THE DIFFERENCE**



**ANSWERS TO LAST WEEK'S SUDOKU:**

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

# Motivation

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

HUSTLE  
INSPIRE  
WORK  
BLESSED  
BELIEVE  
JOURNEY  
BREATHE

PERSISTANCE  
SUCCEED  
POWER  
TEACH  
READING  
IMAGINATION  
HUMBLE

DREAM  
BEST  
GIVE  
WINNER  
THINK  
SHINE  
PROGRESS  
RESPECT