



# 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; create your own path

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

Happy Middle of March everyone. Lots going on in March in my world; but most importantly it’s **March Madness** basketball right now. That is one thing to keep my mind occupied.

Anyways, onto the topic at hand; creating your own path.

You don’t have to follow the beaten path all the time. There are many more opportunities to plow your own trail, and do things that might not

be “the regular way”. There are different ways of doing things now, especially now, during the pandemic.

I saw a quote that someone sent to me and it said “If you can’t find a way, create one”.

I have found, through some experiences in life, that not everything is black and white, and there are some grey areas. Not everything has to be done the same way by everyone. We all do things differently, we have different ways of coming up with the same thing, and that is ok.

We all get the chance to live our life, and change the world one little step at a time. It doesn’t need to be huge, it doesn’t need to be flashy, it just needs to be something that you feel confident and strong in. You need to make the little change, and then let the ripple effect take over.

Believe in yourself, trust the process, and things can fall into place. Create that path for yourself, and good things could come. If you aren’t quite ready to take that step, make sure you support someone who is. We lift each other up, not tear them down.

## Easter is coming

Hey everyone.

How is March already half over? I can’t even believe it. Time has a way of sneaking by before our eyes, and we don’t even know it.

Just a heads up that Easter is coming up and we will be closed for a few days over that time.

All services will be closed on Good Friday (April 2nd), and will be closed Easter Monday (Monday,

April 5th). Services will re-open for regular hours on Tuesday, April 6th.

We hope you all have a safe and happy long weekend from the staff at CMHA- Fort Frances Branch.

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## March Madness

Do we have any sports fans out here? Lots happening in the sports world in the next little while here.

We have March Madness NCAA basketball happening right now. By the time this goes out we will be down to at least the “Sweet Sixteen”, and probably closer to the last eight teams.

There have already been nine upsets in the bracket play, and

there can always be more. I was reading about the tournament, and out of all the brackets that have been filled out worldwide, which was around 20 million, as of end of day on Sunday, there are ZERO correct brackets left.

If you are into sports, specifically basketball, there are multiple games a day, and lots to keep you entertained. If you bet on a bracket, I am sorry for your loss, but there is always better luck next year.

Go ‘Zags!

Another big event coming up if you are a fan, is the Master’s golf tournament.

The annual tournament held at Augusta National is going to start on Monday, April 5th, and finish Sunday, April 11th. Dustin Johnson, won the tournament last year, and will be in the field this year again ranked close to the top of the pack. Dustin believes that the already difficult course to play, will be even more difficult in the upcoming week.

## “Peer”- by Philip

Points from Philip

This week, Philip has submitted a poem that he has written, and it is called “Peer”.

Thank you Philip for sharing your poem with all of us across the district.

Peer - a poem by Philip Olson

A Peer is no one to fear

Staying near, is like a Peer

Mirroring, your fears

A supporter is near

Making rapport, you hear

A lucky, clear mirror

A friend that can, help mend

It doesn't have to end, but tend

They trend and steer

A listener is near

No omission of commendations

Giving a nudge, you hear

Non-judgmental, like a Peer

Step away from that ledge

Your friend is here

## How to eat healthier- part one

Life lessons with Linda:

Choose whole foods instead of processed. Try to eat more whole foods like fresh fruits, veggies and whole grains in your lunch, supper and snacks.

Practice saying no to sugary drinks and increase your water intake to at least two liters a day.

Drink more water. I know, you hear

that ALL of the time. If you don't like water, try adding some fruit or Mio into your water to give it some flavour. Water is wonderful for your body and mind.

Keep healthy food readily available.

Healthy snacks like: fruit, nuts, seeds on your countertop and/or have some fresh veggies washed and chopped ready to eat stored in

your fridge.

Try the “Outer Ring” technique while shopping. Try to shop on the outer perimeter of the store. This is usually where the healthy food lives.

Eat more fish. Fatty fish like salmon is loaded with omega-3 fatty acids; this superfood can help improve brain and heart health.

## Social media detox

Reality check with Reece:

you can do it.

Easter weekend to remember things you are thankful for, and take the opportunity to start smiling everyday!

Social Media Detox

It takes a little bit of will power to stay away or give up the things you want to get rid of in your life, but you can do it.

Take it easy, Reece.

Hello everyone! Easter is coming up, and with that, I will have reached 40 days of not being on social media!

This break from social media for Lent has been a nice way for me to enjoy other things in my life, like friends and family!

PS if you want to participate in any of our Zoom sessions, please e-mail [peersupport@cmhaff.ca](mailto:peersupport@cmhaff.ca) and we will send you the information you need to connect with us. We look forward to seeing you and connecting with you!

I have to tell you, that the break has been nice. I will say, that with anything in your life, if you are looking for a break, or even to quit,

I hope you take the upcoming

## Something to make you laugh

A minute with Marilyn:

It takes a lot of balls to golf like me.

told me to stop going to those places.

A little humor to make you laugh.

I went on a once in a lifetime holiday. Never again.

They all laughed when I said I wanted to be a comedian. Well, they're not laughing now.

Exaggerations went up by a million percent last year.

I used to be addicted to soap, but I am clean now.

I told my doctor that I broke my arm in two places. He



## Job opportunity

If you are ready, willing, and able to work, there is an opportunity for you with Census Canada.

There are opportunities for short term employment. If you follow the link in the picture, you will find all of the requirements that you need should you wish to apply for any of the jobs that are listed.



### Statistics Canada is hiring local employees for the 2021 Census!

Schools, housing, health and emergency services are all planned using census data. We are hiring approximately 32,000 census employees to count every person in Canada.

- Pay rates vary by position from \$17.83 to \$21.77 per hour, plus authorized expenses.
- Start and end dates vary by position and location, between March and July 2021.
- You must be available to work flexible hours, mainly during evenings and weekends.
- In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.

Help your community to plan for the future—[apply now!](https://www.census.gc.ca/jobs)

[www.census.gc.ca/jobs](https://www.census.gc.ca/jobs)

TTY (a telecommunications device for deaf persons): 1-833-830-3109



WHAT KIND OF  
JEWELRY DOES  
THE EASTER  
BUNNY WEAR?

14 CARROT GOLD



Why does a chicken  
coop only have 2  
doors?

Because if it  
had 4 doors it  
would be a sedan!



## Daily Sudoku

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

## Answers to last week's Sudoku

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

## An announcement from Donna in Fort Frances:

It is with mixed emotions that I write this article.

I have decided to retire and my last day will be April 9, 2021.

My time at CMHA has been filled with many memories, some more memorable than others. I am extremely grateful and thankful for the many opportunities that have been bestowed upon me as a Peer/Family Support Worker.

As I think about my career here, I have to smile with fond reflections of being able to connect with so many of you, friendships and supportive relationships have been the result of this time. I will think of all the conferences, Bass Lake Trips and just being a part of a very active District Peer Support Drop-In that have filled my days for over 12 years with a sense of satisfaction of job well done. You have all been a part of these memories.

This last year has been a challenge but has had many rewards. It has given us all an opportunity to get to know each other in a deeper way. This time has given me faith in each one of you, and you will be good. I want to thank you all for being a part of this journey.

I am looking forward to spending time with family and being active in my grandchildren's lives. I hope if our paths cross again we will be able to celebrate our uniqueness and reflect on our memories,

Donna

*Always REMEMBER  
you are BRAVER than you know,  
STRONGER than you seem,  
SMARTER than you think  
and LOVED MORE than you know.*