



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; k, bye

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

It is already April. I can’t even believe it. Where does the time go? I know that it is not always fast for everyone, and believe me, it’s not always fast for me either. Sometimes things drag out for days, it feels like. We can do it. Head always up.

As all of you know, my office mate, and fellow peer supporter Donna has called it a career. Donna has been with CMHA for 15 years, and has had a few different titles here, however, I only knew her as a Peer

and Family supporter. When I started here in 2015, Donna was on vacation (typical), so I didn’t really get to meet her until she got back.

When she finally did come back to work, we figured each other out fairly quickly, and got into a routine, and we ran the Drop- In, and I think we did a pretty darn good job. We had some disagreements in our almost 6 years together, but nothing that we couldn’t get over, and iron out. Adjustments get made, and we carry on.

Donna and I made many

memories working together, and I am not quite sure that, even with my horrible memory, I will be able to forget them. Conference trips, Bass Lake trips, quiet shoes, the times where I would hide behind doors and scare her, the time I used wax paper instead of parchment paper to cook bacon, when I forget to turn the water off in the kitchen and she swoops in just before I flood everything, and all of the other things. I will miss all of that. Most of all I’ll miss my every day CMHA ride or die. Happy Retirement, DBSPB. Enjoy my benefits.

Love, Kyzzer

Routine check

Do you have a routine? If you don’t, we should talk about it. Let’s unpack this routine thing.

Having a routine can help calm anxiety, and give you some sense of

“normal” in your life. Waking up and doing a morning routine can help you be more successful and accomplish more things.

It doesn’t have to be extensive, or detailed. It

can be something as simple as waking up around the same time, going to bed around the same time, doing so many minutes of exercise per day. Just the little things can make a big difference for you.

Ontario headed into “shutdown”

A province-wide “shutdown” had been put in place since Saturday as Ontario has seen a huge increase in COVID-19 cases and hospitalizations. This shutdown will last at least 4 weeks, and then will be re-evaluated. Stores will have to limit capacity, and restaurants and bars are only able to do take out and delivery.

Premier Doug Ford is asking that people limit their trips outside of their households to only necessary trips. Things like getting groceries,

prescriptions, going to medical appointments, and going to work are ok, but if you do not need to go out, you are being asked to stay home.

I know that this is not what anyone wanted to hear, but we can all work together to help this get better again. Here in our region of Northwestern Ontario, we are doing well.

I believe that we all deserve a pat on the back here. When I go out, I see almost everyone wearing a mask,

and keeping their distance. When I am able to come and have little visits with the people in Fort Frances, everyone is always patient and respectful, and if people are uncomfortable, we talk about it, and make other arrangements.

Let’s keep up the good work here, and show the rest of the province how things are done. Remember to reach out and call your local CMHA office if you need anything. We are here to help, and we will try our best to make things work.

Break the fast

Points from Philip

Breakfast is the most important meal of the day. It starts your metabolism, gets everything running in your body, and gets nutrients to your brain. Make sure that you are getting at least one glass of water into your body before you eat breakfast. It will help flush your body, and will make you feel

more full, so that you don’t feel so sluggish. Here is a recipe from Philip for easy banana pancakes:

Super Easy Banana Pancake’s for any occasion, enjoy!

Ingredients:

300g flour

2 eggs

200ml milk

Whisk flour and eggs into a batter
Mash 2 ripe bananas into pulp and whisk into batter

Pour chosen size of batter onto a medium heat frying pan and cook to semi-firm before flipping

Serve with maple syrup or honey.

How to eat healthier– part two

Life lessons with Linda:

Use whole grain flour in baking recipes. Whole grain flour includes the bran and wheat germ which make it more nutritious than refined, white flour.

Eat on a smaller plate. Strange fact: Science says that eating on a large plate tricks your brain into thinking that you haven’t eaten enough. Eat

on a smaller plate to feel full quicker and avoid overeating.

Count nutrients, not calories. If you want to improve the quality of your diet, focus on the nutrients in your food instead of calories. All calories are not created equal.

Add more probiotic foods to your diet. Consume probiotic foods to improve healthy gut bacteria, which

is responsible for digestion, extraction of nutrients from food and building the immune system. Probiotic foods like yogurt, apple cider vinegar and soft cheeses are also gut-friendly.

Also, don’t avoid fatty food. Naturally occurring fats like fat in dairy products allow you to feel fuller longer and to better absorb fat-soluble vitamins like Vitamin-D.

Zoom Zone

Reality check with Reece:

"Can you believe it has been one year since our first Zoom? Where has the time gone?"

Staff and members alike should thank themselves for having Zooms everyday (almost everyday) for the past year. We have had so many activities: things like Baking on a Budget, Games Corner, Virtual Tours, Breakfast Clubs, Drop ins, Community Connections, and more!

What were some of your favourite Zooms? It is hard for me to pick just one; there was so much fun and laughter that it is impossible to choose. However, one highlight was definitely when I got to taste all the tasty creations that Linda made as I filmed for Baking on a Budget!

I wish you a Happy Easter! From Reece."

PS if you want to participate in any of our Zoom sessions, please e-mail

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!

Shout out to Reece for always putting together the Zoom activities and calendar every month. We appreciate you, Reece. It is a lot of scheduling, and creating, and taking the ideas from the planning meeting to make this all work. Thank you for getting it done.

Saying "I'm sorry"

A minute with Marilyn:

The word sorry loses its magic when you use it too often, especially for the same mistake.

The first rule of saying 'I'm sorry' is to rectify the mistake, and ensure that you don't repeat it.

It's not easy to say sorry, especially when you don't think you are at fault. But at times, it is good to express regret to help calm things down.

Sorry is not a way to avoid confrontation. It is a way to bridge the gap of communication that often gets derailed in relationships.

The words 'I'm sorry' have to be conveyed meaningfully. If you have made a mistake, confess to it and come clean.

We are not perfect, and we all make mistakes at times, but saying 'I'm sorry' can go a long way.

Happy Easter

Language lessons with Lisa:

Lisa has put together a little list for everyone today that has "How to say Easter" in a few different languages. Some of those pronunciations look a little difficult, so I wish you all the luck trying to figure them all out.

Language- Pronunciation

French Joyeuses Pâques

German Frohe Ostern

Italian Buona Pasqua

Spanish ¡Felices Pascuas!

Dutch Vrolijk Pasen

Polish Szczęśliwej Wielkanocy!

Danish God påske

Portuguese Feliz Páscoa

Catalan

Bona Pasqua

Romanian

Paște Fericit





Daily Sudoku

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

Answers to last week's Sudoku

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

Easter Word Search

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

BUNNY
 DUCKLINGS
 BONNET
 SPRING
 EGGS



DAFFODILS
 EGG
 JELLYBEANS
 RABBIT
 CHOCOLATE

LAMBS
 IRIS
 BASKET
 CHICKS
 HUNT

