

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; head always up

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

What is up my NWO people? What kind of weather is this? My goodness. One day I am in shorts outside sitting in the sun with flip flops, and the next I am back in my winter jacket and shoes. Mother Nature is sure making her presence known the last couple of weeks.

Speaking of making your presence known, that is something that is important. You don't have to be the centre of attention, but you are allowed to make it

known what you stand for. It needs to be done in a respectful manner, but everyone is allowed to have an opinion.

You get to be you, and you get to believe in whatever you choose to believe in, and do things the way that they work for you.

Your recovery process, your way of getting a task done, your way of getting from point A to point B, as long as it gets done, it should not matter about the steps you take to do it. We are all different, we all do things in our own way, and that is what makes

us unique. That is what makes the world go around.

Be a leader, always keep your head up, and don't leave people behind. Be the good that this world needs, and bring people on that journey with you. Don't tell people what they need to do, work with them, help them. If you are working towards the same goal, then go with it, but make sure that you are doing it in a way that is appropriate.

Always be kind, and put yourself in other people's shoes when you get frustrated. Be gentle, and make sure to smile.

Lockdown update

As we enter the first full week of the Ontario lockdown, I just want to send out a few reminders for everyone:

The CMHA-FF staff are on a rotating schedule for days that we are

physically in the office. You can still call us, and we will answer our messages as fast as we can.

Home visits and outreach visits have been put on hold, so we

are trying to contact everyone by phone as best that we can. If you need something, please call, and try and be patient. We are all trying to adjust as well.

Stay home, and stay safe.

Let's stay positive, shall we

Jill's jabber

Are you having trouble staying positive and optimistic? I think that we all have had that trouble in some way over the last year, and that is ok. It has been a very tough, and difficult year for many people. It might be hard sometimes to even find one good thing to focus on during your day, but never fear, we are here to help. Here are a few things we can do to help stay Optimistic and positive:

Practice gratitude: Practicing gratitude has shown to reduce stress, improve self-esteem, and foster resilience even in difficult times. Think of people, moments, or things that bring you some kind of comfort or happiness and try to express your gratitude, or keep a gratitude journal to help reflect.

Open yourself up to humor: Studies have found that laughter lowers stress, anxiety, and depression. It also improves coping skills and mood.

Practice positive self-talk: we tend to be hard on ourselves, to help stop this, you'll need to be mindful and tell yourself positive messages, and self-talk." Here's an example of positive self-talk: instead of thinking "I really messed that up," Try saying it another way try saying "I'll try that a different way".

Anything you can do to find that positive vibe again, just do it. Make yourself find that one thing every day. It will help.

Can you juggle?

Points from Philip

Juggling is a very unique skill, but what about it for your own wellness?

Juggling can enhance your daily skills and multitasking ability. It is said that juggling increases your brains "grey matter". It can also be therapeutic and relieve anxiety.

It may seem difficult at first, but starting out in slow motion you can

learn the basic concept behind juggling effectively.

Choose some small unbreakable hand size objects, like bean bags

Toss one object into the air about eye height, from one hand to the other

Practice moving your hands in a small circle, known as scooping while tossing the object

Now take two objects, one in each hand, when left object reaches eye height/peak, toss the right object into the air, and try and catch the hand exchanged objects. This step will take a while to train your brain. There are lots of videos on the internet which will help give you a better visual, so find one that works for you, and keep practicing.

Mindfulness– a series (Part one)

Life lessons with Linda:

These days, we are hearing a lot about "mindfulness". There's a lot of talk about what it is and how it can benefit our mental well-being.

Mindfulness is a state of mind. Practicing mindfulness techniques on a regular basis will help one achieve the state of mindfulness. Learning new methods to exercise mindfulness will assist an

individual to find what works best for them.

So what is mindfulness? The definition of mindfulness is: a state of nonjudgmental awareness of what's happening in the present moment, including the awareness of one's own thoughts, feelings and senses.

Some of the benefits of mindfulness

include the following:

Reduces symptoms of depression and anxiety, improves memory, focus, and mental processing speed

Improved skill to adapt to stressful situations, greater satisfaction within relationships, reduces one going over a thought or a problem constantly, and improved ability to manage emotions.

Zoom Zone

"This week on Zoom, we have been exploring further how to play a number of different games, including Bingo, which is featured here in this screenshot!

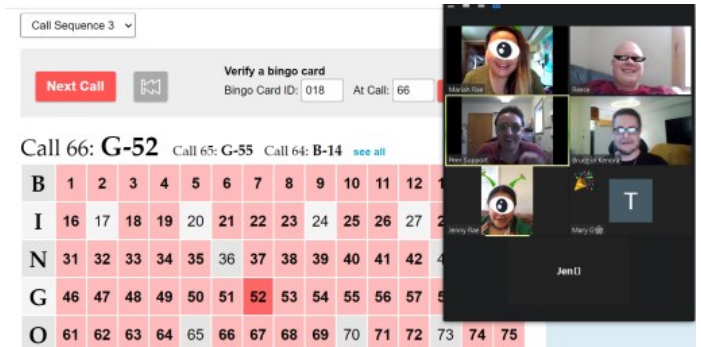
We first started out a year ago playing our version of Yahtzee, where now thanks to the ingenuity of the members we discovered ways to play Yahtzee that is even more user friendly!

Just recently we also learned about a game called Farkle and how to play it, which is actually a return of an old Drop-in favourite, 10,000!

To date, we can now play Yahtzee, Scattergories, Uno, Farkle, Bingo, and even Go Fish!

It's amazing what a little bit of brainstorming and intuition can do for you, especially when it comes to trying something new! Come join us and e-mail us at

peersupport@cmhaff.ca if you'd like to play! Thanks, from Reece."



Is the moon round?

A minute with Marilyn:

The moon is not actually round, but a little more egg shaped.

The moon exhibits very slight oblateness, but more important is the fact that the "side" of the moon that faces Earth is bit larger than the side turned away from us. You might think of it as "gumdrop" shaped. So the moon is not exactly

spherical. This makes it slightly similar to the shape of typical bird egg that is larger on one "end" than on other.

The moons shape derives from its rotation, with the larger end of the egg-shape pointing towards Earth. Not only does the moon have an irregular shape, but its center of mass is irregular as well. It's

approximately 2 km out from the geometric center.

So the next time there is a full moon, we can call it a full egg shaped moon.



Big Daddy Tazz

In conjunction with Mental Health week coming up in May, join us for a night with Big Daddy Tazz.

This is a free event at 7pm on Monday, May 3rd. The link is in the picture below, and you will also be able to find it on the CMHA-FF social media pages in the days leading up to it. We hope to see you there!

Spring
 is Nature's way
 of saying
LET'S PARTY!

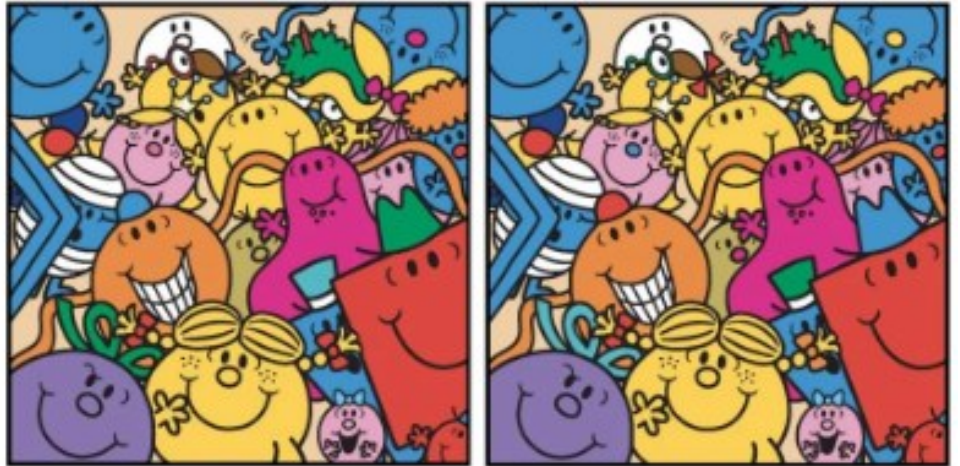
ROBIN WILLIAMS



FINALLY MY
 WINTER FAT
 IS GONE.
 NOW I HAVE
 SPRING ROLLS.



SPOT THE DIFFERENCE
 CAN YOU FIND ALL 10?



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



Baseball

Word Search

A diamond-shaped word search grid containing the following letters:

```
      D
    R D L
  S E U D E
N T H G V W I
F S A C O L U O F
L T I D T U R F P R T
Y E T N I A T M T D I C U
T A Y I G U C M F I S I T J O
D M K H M L M B M A U U T E C H X
G N I N N I E A C M G P F S O O H N J
C Q R A P B R T Y O A T T A G M P R E Z F
S E A Z E T Q N U O P B A E P O C Y R
R K N E A D R A O B E R O C S K V
E R D G N V I W D U K P L X X
H S S O U P P N U O X F B
C T T D T C C P X I U
A R A T S P I E L
E I N O P S L
L K D H P
B E E
N
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BASE
BATTER
BLEACHERS
BULLPEN
BUNT
CAP
CATCHER
CROWD
DIAMOND
DUGOUT
FLY
FOUL
GRANDSTAND

HOME RUN
HOT DOG

INNING
MITT
OUTFIELD
PEANUTS
PITCHER
POPCORN
SCOREBOARD
SHORTSTOP
SINGLE
STADIUM
STRIKE
TEAM