

# 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; sunshine is upon us

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

Happy Victoria Day week everyone. I hope you all had a good long weekend, and got to enjoy the sunshine and nice weather that went throughout the district. I know here in Fort Frances, we had great weather, and there was lots of sunshine out there to help us get that Vitamin D.

As we get into the summer months, and things start to warm up, and the sun starts to shine for longer periods during the day, we need

to take advantage. Before we know it, the snow will be here again, and we will be dealing with shovels, minus 40 degree weather, and darkness at 4:30pm. Take some time for yourself every day, go out for a walk, sit outside in a lawn chair, and just enjoy it. We had a long winter, long days, and we deserve the sun and the warmth.

During your time outside, take time to look at the new buds on the trees, the new spring babies that animals will be having soon, the birds coming back, and the sounds of the crickets and the frogs. All signs

of new life. Just like spring brings new life, we will also get a new life after this pandemic. Stay safe, be kind to everyone, and make sure you smile. Your smile could make someone's day, so you might as well make it worth it. It costs nothing to be kind.

We encourage everyone to keep believing, keep being positive, and keep up with the physical distancing and hand hygiene procedures. If you are in crisis please call the Crisis line, toll free at 1 866 888 8988.

## Be on the lookout

As discussed last week, if a CMHA- FF staff comes to see you, please expect to be asked some questions for a screening process for COVID- 19. The questions are for everyone's safety, and it is VERY important that you are honest with the

staff member. We just want to be safe, and healthy.

To go along with the screening process, CMHA- FF staff will now be wearing masks for any visits with our

clients and members. Again, do not be alarmed or offended, it is for your safety as well as the safety of the staff. Everyone is trying to keep up, and follow all of the regulations. We hope to see you soon.

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## Sunscreen when it's hot

You heard it here, the sun is OUT!

We have been waiting all winter for the sun to come, and to be able to put away the shovels, winter clothing, and start to get our tans on.

Now, we all know that when the summer hits, we are all white as ghosts. Our skin is not used to being exposed to all of the sun light, so we need to be careful when we are outside.

This is where sunscreen comes in. As much of a pain it is to remember to pack, or put on, it is important for our skin, and our health. It helps to put a layer between the suns strong rays, and our sensitive skin.

You can get many "strengths" of sunscreen, but for sunscreen to be effective, first off you need to follow the directions listed on the bottle. You also need to have anything that is SPF 30 or stronger, otherwise it is not as effective.

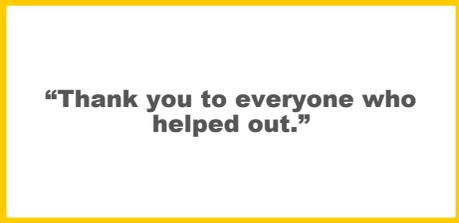
When you are outside and you are sweating or swimming, or just outside to be outside, we must remember to reapply the sunscreen according to the directions on the bottle. If you are swimming, you may need to reapply more often to prevent burns.

Sunburns are painful, annoying, and can lead to blistering, and more serious conditions. It's a small price to pay to keep your skin safe, and the fun to the maximum.

## Mental Health week for the PRC program

As the updates come in from Mental Health week a couple of weeks ago, we would like to share them with you.

The Psychogeriatric Resource Consultants had a few things on the go in the Fort Frances/ Rainy River district. Due to the pandemic, they are not able to head into the long term care homes, however they were



**"Thank you to everyone who helped out."**

able to do a few things. There was some draws for some prizes for employees of the hospitals and long term care homes from Rainy River,

Emo, and Fort Frances. Not to forget the staff at the Atikokan hospital, a dainty tray was delivered as a thank you for all of your hard work, and a show of appreciation.

Thank you to everyone who helped out, it can't be said enough how much it was appreciated.

## Captain Tom raises \$22 million dollars

Tom Moore, a 99 year old retired British war veteran has raised over \$22 million dollars for British health care. Unreal, right? How did he do it? He walked 100 laps around his 25 meter garden in his backyard. His goal was to walk these 100 laps before his 100th birthday; he did it.

Tom had been treated in a hospital previous to the pandemic, and said that he was treated so well while he was in the hospital, that he was inspired to give back, and help out however he was able to.

His original goal was just to raise a small sum of money for the hospital, but he was so surprised

with all of the support that he received, he couldn't even believe it. The outpour of donations to his walk around his garden was something he never expected.

We can all make a difference, big or small. Ask Tom Moore, he will tell you, every good deed helps.

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## Can I get a shout out?

There are a couple of shout outs this week that we would like to recognize, so let's go.

First we would like to thank everyone involved with the "Make masks for the Rainy River district" group. Hi- 5's to everyone who took the time to make masks, put together instructions, and make sure that there was enough for all of the front line staff. Your kindness and generosity go above and beyond, and it is greatly appreciated. Thank you for looking

out for not only us, but for everyone else that you have donated masks to. You are all rockstars.

Another shout out to the families and friends of CMHA- FF who have generously donated things for care packages from week to week. In Fort Frances this week, we were fortunate enough to have a family donate baking to the front line staff, and baking for the care packages that will go out this week. Thank you, everyone, this is kindness.

A final shout out to you, the readers, clients, members, and staff. We are all in this together, and we are a well oiled machine. We have some kinks in the system, but we are all working towards making things better. Thank you for all of your hard work, patience, kindness, your input, and for reading.

The idea is to keep this positive, motivating, and fun. That is a plan we hope to follow. Thanks for hanging out every week.

## Check us out on social media platforms

CMHA- FF has a few social media sites, and we are using those to try and spread the positivity. Here are a few options to look into while you are at home.

You can check out our Facebook page to start. You can search for "CMHA Fort Frances Branch". You can find information, articles, and upcoming events there.

If you have Instagram, you can find us by searching "CMHAFortFrances". WE post pictures, and information there as well.

For everyone who uses Twitter, we can be found there by searching "CMHA Fort Frances" or the Twitter handle "@CmhaFort".

As we have talked about before, we also have "Zoom" gatherings a couple of times a week for anyone that wants to join in. If you are interested, please contact your Peer Support staff for the meeting times and information.

We hope to see you there!

## Power up for less

Ontario! Did you hear? Your power bill could be cheaper for the next little while.

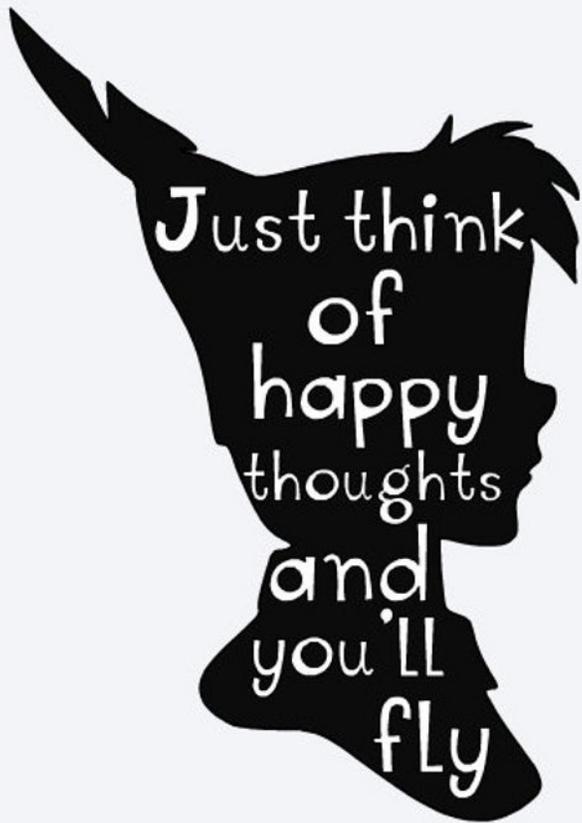
Premier Doug Ford announced that hydro rates will no longer have "peak" and "non peak" time slots. Everything will just be "one lower rate".

**"Lower rates will last about 45 days."**

Premier Ford announced the change last week, and said that the lower rates will last about 45 days.

This was announced as more people are working from home, are staying home due to social distancing, and for people who have been laid off, or lost their jobs permanently. Take this opportunity to put those extra few dollars in a savings account, pay off a little more from a loan, or just buy yourself something nice. Do something for you.

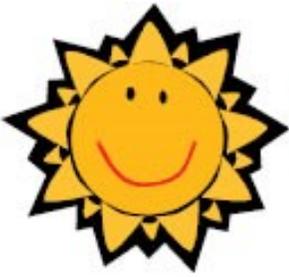
## SUDOKU PUZZLE



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

## Answers to last weeks Sudoku:

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



# WELCOME SUMMER

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

AUGUST  
BEACH  
BIKES  
CAMPING  
CARNIVAL  
COOKOUTS  
FIREFLIES  
FIREWORKS  
FISHING  
FLIPFLOPS

FUN  
HULA HOOPS  
ICE CREAM  
JULY  
JUMPROPE  
JUNE  
MOVIES  
PARADES  
PARTIES  
PICNICS  
POOL

POPSICLES  
ROLLERCOASTER  
SANDALS  
SPLASH  
SPRINKLER  
SNOWCONES  
SUNGLASSES  
SUNSCREEN  
SWIMMING  
THEME PARK  
VACATION