

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; talk to 'em

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

Greetings everyone! I hope everyone has taken some time to get some sunshine this last week. The vitamin D is good for all of us. Don't forget to wear that sunscreen though, and drink that water.

Has anyone thought recently about how they talk and interact with people? What kind of language you are using? Believe it or not, that can make a big difference in how people perceive you, and how the conversation can go.

I know it sounds funny, but if you approach people with a hostile attitude, rude remarks, and a negative tone of voice, your conversation probably won't go so well.

Instead, try to approach things with an open mind, a positive attitude, and ask questions to help you understand. The last thing that we all need right now is people being unkind, and rude when they speak to someone. The person behind the counter at the grocery store is not to blame for the shortage in the product that you are looking for. Do not

take it out on them. They are there to help you. Chances are if you need it, another employee that works there needs it too.

Think about that the next time something goes wrong, or you get upset. Take a breath, count to 10, and then start over with a clear mind.

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.

Travel advisory reminder

The Northwestern Health Unit is wanting to remind everyone about the travel advisory that is in effect right now.

It is recommended that you do not travel outside of your community

unless it is essential. Travel outside of Northwestern Ontario is not advised, and you would be responsible for looking into self isolating guidelines after you returned back to your home.

There are active cases in most of the region, and now is the time to keep up with good hand washing, and personal distancing. Keep yourself safe, and everyone else safe around you.

LIVING LIFE TO THE FULL

BROUGHT TO YOU BY:



Living life to the Full

Do you want to change your life in just 12 hours? I think most people might say yes.

Living life to the Full is a 12 hour course, spread out over 8 weeks. This course is offered FREE of charge for anyone aged 18-35. It is offered by Christie Cousineau over Zoom. All you need is a computer, smart phone, or tablet, and a stable internet connection to participate. Classes are once a week from 3pm to 4:30 pm.

The purpose of this course is to retrain your brain and get yourself out of that negative thought cycle.

To register, please e-mail Christie, ccousineau@cmhaff.ca, and she will put your name on the list. Hope to see you there.

12 HOURS THAT CAN CHANGE YOUR LIFE

Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

TIME/DATE: June 9th, 2020 at 3 PM (course runs for 8 weeks)

COST: No cost

LOCATION: In the comfort of your home by Zoom

CONTACT: Christie Cousineau - ccousineau@cmhaff.ca
You will need to have access to a computer, laptop or ipad.
In your email please include your full name and mailing address to send out course materials.



visit www.LivingLifeToTheFull.ca to find out more!

What is happening in our province

As the COVID-19 pandemic continues to have everything shut down, and restrictions in full force, some things are starting to change and some restrictions are starting to ease.

The province has extended the emergency orders, however, in some places, some stores are starting to re-open, as well as some other

services. Please keep in mind that if you have to go out, make sure you follow the procedures that the stores have in place. They are for your safety, and the safety of the staff.

Premier Doug Ford had this to say about slowly re-opening the province "Although we are entering the first stage of our framework to

reopen the economy, it's critical that we continue to do so in a safe and responsible manner."

Premier Ford stated that he will be keeping a close eye on the testing, and number of cases in the province, and is not afraid to close things down again, if he needs to.

Fort Frances food box is BACK!

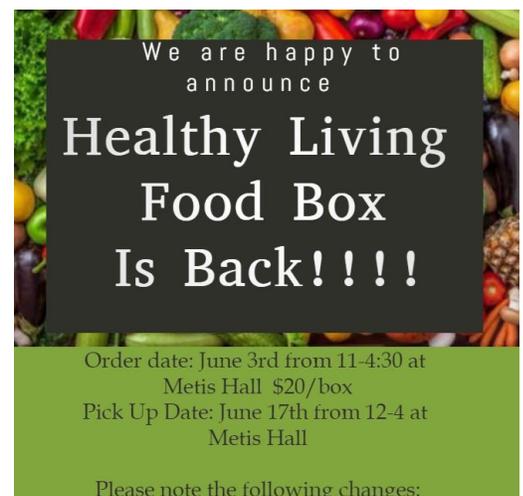
Fort Frances! Get EXCITED!

The healthy living food box is BACK IN ACTION and ready for you order and pick up. There are a few changes to the process, so let's go over them:

Order date is Wednesday, June 3rd, 2020, from 11am to 4:30pm at the Metis hall. You must pay before

your order will be complete, and the cost is \$20 a box.

Pick up date is Wednesday, June 17th, 2020 from 12pm- pm at the Metis hall. Please note you MUST bring your OWN CONTAINER for all of your food. There will be no boxes provided until further notice. Please also follow directions and practice social distancing when you go out.



We are happy to announce

Healthy Living Food Box Is Back!!!!

Order date: June 3rd from 11-4:30 at Metis Hall \$20/box
Pick Up Date: June 17th from 12-4 at Metis Hall

Please note the following changes:

*Pick up time is now 12-4
*You must provide your own box/bag to transfer your food box into. Take away boxes will no longer be provided.

Can I get a shout out?

It's time to "Shout it out Loud!" as on of my favourite rock bands (KISS) would say. So Let's get to it, and shout out some people.

Shout out to the Peer Staff in the community of Dryden. There was some baking happening, and it just so happened that it was cinnamon buns. I was lucky to get a picture, but not lucky enough to get a sample. Thanks to you folks in Dryden, the baking looked delicious.

Shout out once again to the team of staff that are helping out in each community to do what we can for our people.

Whether it's deliveries, a phone call, a wave through a door or a window, please know it's appreciated.

And of course, shout out to you guys, the readers, thank you for reading every week. You make



this possible too. Cheers.

Mental Health week in Red Lake

Mental Health week was all the rage in Red Lake this year.

The staff in Red Lake spoke to the mayor, Mr Fred Mota, and asked that he declare May 4th to May 10th "Mental Health Week" in the municipality of Red Lake.

Mayor Mota had no problem with that request, and had it approved

Proclamation

As Mayor of the
Municipality of Red Lake

I hereby proclaim the
week of

May 4th – 10th

as

"Mental Health Week"

in the

Municipality of Red Lake

Fred Mota

with no problems. Thank you Mayor Mota, and the staff in Red Lake for putting this in motion.

**"May 4th– 10th is known as
Mental Health Week in Red
Lake"**

ODSP update

An update has been put out by ODSP, and we have some information for you about that.

If you are on ODSP, and you do NOT already receive the Canada Emergency Response Benefit (CERB), you MAY be eligible for an extra \$100 per month for a single claimant, or an extra \$200 a month

**"You MAY be eligible for extra
funds until July 2020"**

for a family claimant until July 2020.

To get more information, and to see if you fit the criteria, please call the toll free number 1 888 444 2412, and have your name, ODSP information (member ID), and information on why you require the additional funds ready for the ODSP worker.

ARE YOU JOKING ME?

Q: What do you call a pig that does karate?

A: A pork chop.

A man got hit in the head with a can of Coke, but he was alright because it was a soft drink.

Q: What do you call someone without a nose or a body?

A: Nobodynose

Q: What kind of shoes do ninjas wear?

A: Sneakers.

Q: What did one toilet say to the other toilet?

A: You look a bit flushed.

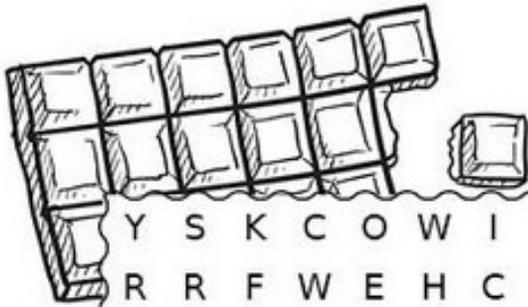
SUDOKU PUZZLE

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

Answers to last weeks Sudoku:

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

Candy Bar WORD SEARCH



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

ALMOND JOY
BABY RUTH
BUTTERFINGER
CARMELLO
CHARLESTON CHEW
CRUNCH
FIFTH AVENUE
HEATH

HERSHEY BAR
KIT KAT
KRACKEL
MARS
MILKY WAY
MOUNDS
MR. GOODBAR
OH HENRY

PAY DAY
SNICKERS
TAKE FIVE
THREE MUSKETEERS
TWIX
WHATCHAMACALLIT
ZERO