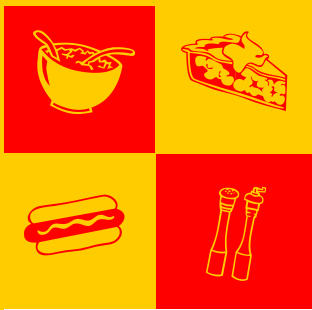


# Neighbourly News



## Ky's Korner; how are you?

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

How are you? How are you feeling? Is everything ok? Are you alright?

Those are the awkward questions we ask, and get asked almost every single day. It's like a conversation starter that really doesn't help anyone's situation.

During this outbreak, it's like we have forgotten how to talk, how to ask other questions, and how to not be a robot. We need to go back to having regular

conversations that have nothing to do with the pandemic. We need to ask about family, friends, food, the weather (which is heating up quite quickly). We need to talk about anything and everything, not just the same stuff.

With that being said, if someone asks you how you are feeling, and you aren't feeling like yourself, then mention it. Chances are, someone else is feeling the same, or similar to how you are feeling. Not everything in life is roses and rainbows, so we don't have to pretend that we

are living like that. It's ok not to be ok.

Be yourself, ask questions, learn new things, try things out, don't be afraid to make a mistake while learning something new. You can't perfect your craft without making some mistakes along the way.

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.

## Just a reminder

As the COVID-19 pandemic continues to plague the country, we at CMHA-FF branch are still trying to develop policies and procedures to keep everyone safe.

Any staff that come to

meet with you for anything will be wearing a mask, and will have screening questions to go over before the visit can begin.

Please note that these questions can, and will

change, so you don't need to be worried, or nervous if they are different. We are just trying to make sure that we all stay safe, so that we can continue to have these little visits with you all. If you have questions, please ask.



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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.*

## Need someone to talk to? We have what you need

Are you in crisis? Do you need some extra supports? Or would you just like someone to talk to? Krasman Centre has a “Warm line” just to help with any of those things.

The warm line is available to anyone 24 hours a day, 7 days a week. If you are uncomfortable talking on the phone, there is a “chat” available from 10am to 5pm as well. The phone number is toll free, and completely anonymous. No one sees your phone number, and if you are in the chat, your name is kept

private, and you will NOT be asked any personal, health, or identifying information.

All of the people who are working are all fully trained Peer Support volunteers, and are there to help you think things through, and ease some anxiety.

Do not hesitate to call them, they are there to help in any way that they can. It's ok not to be ok sometimes.



## Ontario to extend state of emergency

Premier Doug Ford is looking at extending the current “State of Emergency” issued by the province in March, 2020.

Mr Ford, and Health Minister Christine Elliott both agree that “we have a long way to go” before we can begin phase two of reopening the economy.

What does this mean for us here in here in Northwestern Ontario? Well, it is being talked about that there will be “regional” reopening for different areas of the province. Depending on where you live in the province, things could look a little different for all of us in different regions.

For us here in the NOW we still

need to practice social/ physical distancing. We still cannot have gatherings of more than 5 people at any time, parks are open for day use, and some campgrounds are slowly starting to reopen to seasonal renters only.

If cases start to increase, things will start to shut down again. So please, keep doing your part to stay safe.

## Living life to the full; register now

Have you registered for Living life to the full yet? If you haven't, you should.

This is a 12 hour course, spread out over 8 weeks, with sessions being an hour and a half a week. It is offered by Christie Cousineau at our CMHA- FF, Fort Frances location, over Zoom. Since it's offered over

Zoom, anyone can attend. The cost is free, and all you need to participate is an open mind, a computer, tablet, or a smart phone with WiFi or data access, and the Zoom platform.

To register, email [ccousineau@cmhaff.ca](mailto:ccousineau@cmhaff.ca) you won't regret it.



**LIVING LIFE TO THE FULL** BROUGHT TO YOU BY: Canadian Mental Health Association  
**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](mailto: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](http://www.LivingLifeToTheFull.ca) to find out more!

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## Tell me what you want

This is a call to you, the readers, members, and clients, to let me know what you want to read about? Sports, books, movies, recipes, feelings or emotions, anything. What are you looking for?

If you have been jumping into the Zoom calls that the Kenora Drop-In has been doing, you will already know that I have asked for some input. I'm open to any suggestions anyone may have, as long as they are appropriate, and follow the rules of the Drop-In.

If you have suggestions, please let your Peer Support staff know, and they can pass it along in an e-mail to myself at the Fort Frances office. Just make sure you give me enough information and details so I can cover what you are asking about.

If you have not yet joined in on the Zoom meetings through the Kenora office, and you are interested in doing so, let your Peer Support staff know, and they can get you all of the meeting information. It is a great way to connect face to face

with your friends, and peers, and to have some great conversations, and lots of laughs.

Another great resource offered by CMHA- FF branch to help us through the long days.

**“Ask your Peer Staff to send me your suggestions.”**

## Care packages, and outreach visits

We have a little update from the community of Dryden today. The peer staff have been working hard, and doing their best to get out and see everyone, and drop off treats here and there.

Last week Jennifer was out and about doing some outreach, and stopped by with a coffee on delivery day.

The sun was shining, and everyone had a nice visit. Look for the Peer Staff in your community once a week, as they try and make their way around. If you would like a lawn visit, please contact your Peer Support staff to arrange a good time to visit.

Don't forget to respect the boundaries, and social distance.



## Bored yet?

Bored yet?

If you say no to this question, chances are that you are not being very truthful to yourself.

The boredom is setting in and people are wondering what to do, how they can help, and make a difference.

One thing we can do is encourage each other. There is so much negativity happening in the world and the news right now, that we need to do everything we can to lift each other up. Send a positive text, letter, or e-mail. If you have permission, paint a positive message on your window with washable paint. Leave a positive note for your mail carrier, and

paper person. Just something to make someone's day. It will keep you occupied, and it will brighten someone's day. Be the difference.

**“Lift each other up!”**

### ARE YOU JOKING ME?

Q: Why did the bicycle collapse?

A: It was two tired.

Q: Why couldn't the pony sing a lullaby?

A: She was a little horse.

Q: Why did the police arrest the turkey?

A: They suspected foul play.

Q: What do you call a bear with no teeth?

A: A gummy bear.

Q: Why did the belt get arrested?

A: He held up a pair of pants

### SUDOKU PUZZLE

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

### Answers to last weeks Sudoku:

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



## Find the American Desert Animals and Plants

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

- |                   |                    |                     |
|-------------------|--------------------|---------------------|
| AGAVE             | DESERT             | PRICKLY PEAR CACTUS |
| BARREL CACTUS     | DESERT TORTOISE    | RED TAILED HAWK     |
| BEAVERTAIL CACTUS | ELF OWL            | SAGE BRUSH          |
| BRITTLE BRUSH     | FRINGE TOED LIZARD | SAGUARO CACTUS      |
| CACTI             | GAMBELS QUAIL      | SONORAN DESERT      |
| CACTUS MOUSE      | HAWK               | TURKEY VULTURE      |
| CHUCKWALLA LIZARD | JACKRABBIT         | YUCCA               |
| CLARETCUP CACTUS  | KANGAROO RAT       |                     |
| CREOSOTE BUSH     | KIT FOX            |                     |
| DARKLING BEETLE   | MESQUITE           |                     |
| DEATH VALLEY      | PALO VERDE         |                     |

