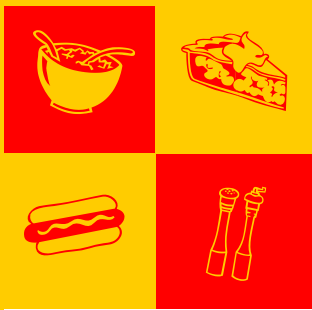


Neighbourly News



Ky's Korner; take PRIDE in yourself

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

Here we are everyone, already into the second week of June 2020, and it's certainly not what I had anticipated the summer to look like.

June around most of the world is PRIDE month, which is a month to celebrate the LGBTQ community, and everything that goes with it. It's about inclusion, loving who you love, no matter what, history, and equality. But most importantly, it's about loving yourself, no matter who you are,

what you do, or where your path leads you. If you do not love yourself, you cannot love anyone else.

During these times of isolation, social and physical distancing, and spending more time alone, we need to take this time to look at ourselves, and accept ourselves, and love ourselves. There is only one of me, and one of you, so we need to really learn to value that.

Take the time during the day, and write a couple of things down that you like or love about yourself, and what you

have in your life. Do that at least once a day, and in a year, you will have written down more than 365 things you like and love about yourself. Then you look back on them, when you don't feel "good enough". You can look at all of those things, and you have no excuse to KNOW that you ARE good enough.

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.

Mask on

In new information given to the public from the World Health Organization (WHO), it is now considered good practice to wear a mask if you are going out in public.

It is recommended that you wear a mask, especially if you are not able to stay at least 6 feet away from others, and if you are immunocompromised, have any other medical conditions, are 60 years of age, or you are

showing symptoms such as dry cough, fever, sore throat, etc.

Please be mindful of the people around you. If you are not feeling well, stay home, and keep others around you safe.



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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.*

Opening up doesn't mean a free for all

The Ontario government put out a media release this week, stating that certain parts of the province will be able to start opening up starting Friday, June 12th.

In Northwestern Ontario, our wonderful little corner of the earth, we will start to see hair and nail salons start to open up by appointment only. Any restaurants that have an outside patio spot will be able to open for dine in meals for customers. And for all of the campers out there, certain

campsites and Ontario parks will be open for over night camping and day use.

Included in this media release, Doug Ford stressed the **IMPORTANCE** of social and physical distancing, wearing masks, proper hand hygiene, not being with more than 10 people **TOTAL**, among all of the other precautions that we are doing. Mr. Ford was very clear, that if cases start to rise, he will not hesitate to close everything again.

While this news is a little victory for us, please be very careful, and very vigilant with what you are doing. If you are sick, stay home, keep your distance, and wash your hands. Be patient with the small businesses that are opening up. They all have many procedures to follow to keep us all safe, and they have a lot of adjusting to do, and are trying to accommodate as best they can. They are just as excited to get back to work, and start making a pay check again, but they only have two hands, be mindful of how you speak to people.

Joy4All project

In this newsletter, we are committed to sharing any available resource that we come across that we think might be helpful. This is a new one that was shared with me from a staff member from another community.

The "Joy4All" project is a Canadian based hotline for seniors and anyone else that is feeling the ill

effects of the isolation. This hotline is a little different than the ones that were previously shared. This hot line is pre-recorded with funny jokes, stories, and uplifting and positive messages.

You can call anytime to listen and laugh, and have a few minutes of positivity during your day. The number is 1 877 569 4255.

Remember though, this is not a crisis line, you do not speak to a live person, it is just a positive hotline for people to use if they need. If you are in crisis, please be sure to call the Crisis response line at 1 866 888 8988. They are available 24 hours a day, 7 days a week.

Living life to the full; last chance

If you haven't registered for this workshop yet, you are missing out. But, it's your lucky day. If you e-mail Christie before the second session, we still have a few spots available.

This 12 hours will change your life for the better, and you will not regret it, we can promise you that.

All you need is Wifi, a smart phone, computer, or tablet, and access to the Zoom platform. First session is Tuesday, June 9th at 3pm CST.

To register, email ccousineau@cmhaff.ca you won't regret it.

LIVING LIFE TO THE FULL BROUGHT TO YOU BY: Canadian Mental Health Association First Nations Women's Mental health for all

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!

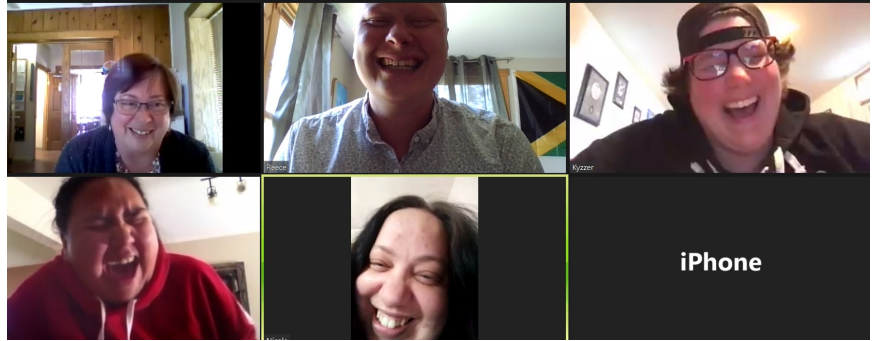
Zoom Zone

The Zoom Zone is somewhere you need to be, if you haven't been already. This group is available twice a week to any member or client who is interested in joining us. This is a voluntary group, and is put together by Reece in the Kenora office, and he is usually accompanied by a few more staff from other communities.

As you can see, we have lots of laughs, which we all need right now, and we have a safe environment to do this.

If this is something you would be interested in, all you need to do is contact your local Peer Staff to give consent to participate, and then you will get the login information, and any

questions you have, will be answered as best we can. We hope to see you this week.



Garden time in Dryden

Dryden, your garden box is ready to grow!

The staff in Dryden have got the garden box all weeded, planted, watered, and ready to go. A big thank you to the staff and members in Dryden, and we are sending all of the good garden vibes your way in

hopes that it helps all these wonderful veggies grow and blossom.

Gardens are a wonderful way to

keep busy, and give yourself a healthy portion of food that you can prepare on your own terms. We will keep you updated on the progress of the garden throughout the spring and summer months.



Your submissions are still welcome

I am still looking for your input on this newsletter. I can write about information I find, and things that I think you will like, and things that I like. But this isn't really about me, it about you, the readers. Information you want, information you need, and some jokes, stories, and word puzzles to fill in the blanks.

Please talk to your local Peer Support staff to have your ideas in the weekly issue. Let your staff know what it is you want to see, and provide some details, and have them send it to Kyleigh in Fort Frances, and I will publish it and try and give you the information that you are looking for.

Send me your submissions and ideas!

ARE YOU JOKING ME?

SUDOKU PUZZLE



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

623 x 623

Answers to last weeks Sudoku:

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

Name that *cake*

FILL IN THE BLANKS WITH THE CAKE MATCHING THE DESCRIPTION.

1. WHAT KIND OF CAKE DO YOU FEED YOUR RABBIT? _____
2. WHAT KIND OF CAKE DO YOU EAT ANNUALLY? _____
3. WHAT KIND OF CAKE DOES A MOUSE LIKE BEST? _____
4. WHAT KIND OF CAKE DOES A MONKEY LIKE? _____
5. WHAT KIND OF CAKE DO YOU GET IN HEAVEN? _____
6. WHAT KIND OF CAKE IS A BIG FLOP? _____
7. WHAT KIND OF CAKE DO YOU HAVE FOR BREAKFAST? _____
8. WHAT KIND OF CAKE GOES WELL ON A SAUCER? _____
9. WHAT IS THE HEAVIEST CAKE? _____
10. WHAT KIND OF CAKE IS FOUND ON THE OCEAN FLOOR? _____
11. WHAT KIND OF CAKE IS THE OPPOSITE OF #5? _____
12. WHAT KIND OF CAKE SHOULD BE EATEN IN BED? _____
13. KIDS CAN MAKE THIS CAKE OUTSIDE _____
14. WHAT KIND OF CAKE DO YOU ORDER AT A SEAFOOD RESTAURANT? _____
15. WHAT KIND OF CAKE DO YOU FIND AT A FABRIC STORE? _____