



# 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; look after our seniors

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

Monday June 15th is not just any other day on the calendar. Monday was World Elder Abuse Awareness day.

If you think you are struggling during these times, think about how the older adults population is doing. Not all seniors have family around, they do not all have access so tablets, phones, or social media, they don't have many friends or family around them, and some may even be in a long term care facility, and can't

have ANY visitors at all. Imagine that. You sit in a room, a home, or an apartment alone all day.

We owe a lot to our older population, they have worked hard, some have gone to war, some have worked terrible jobs for very little money, and we need to look after them and support them.

Elder abuse comes in many forms. There is financial, physical,

emotional, and spiritual abuse, none of which are acceptable. Be kind, look out for seniors, and if you have an older person in your life, call them, write them a letter, make their day.

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.



CMHA recognizes  
Men's Mental Health Awareness Day  
June 16, 2020

## Do it for the boys

If you didn't know, June 16th was Men's Mental Health Awareness day. This annual event aims to normalize conversations about mental health issues and reduce the stigma that often prevents men from seeking help.

CMHA recognizes that stigma may make it hard for men to identify their own mental health and addiction issues. Signs and symptoms of mental health troubles present differently in men. Men are more likely to describe their mental

health concerns as physical symptoms such as headaches or chronic pain.

Look out for the men in your life, they need support just like everyone else.

## What's up Ontario?

The state of emergency has been extended here in Ontario, at least until the end of June. However, with that being said, provinces around us, who were not as overwhelmed with COVID-19 cases, are starting to open up in phases, just like us. What this means, is that you will start to see, if you haven't already, some different license plates around your community.

This can be scary, and cause some anxiety for people, but if you do

your part, and social and physical distance, and you wash your hands, and only go out when you need to, you are doing your part, and that is all you can do. Keep yourself safe, and your family safe.

With regional plans across the province, not everyone is going to be in the same phase of re-opening, so there are still different regulations everywhere. Some of the out of town license plates you will see could be Manitoba, Saskatchewan, Alberta, and believe it or not, I saw a Yukon

license plate in Fort Frances this weekend. Keep in mind that some of these people are working, they are family finally able to come home and see their loved ones, and they may just be passing through.

The OPP are aware of who is coming in from where, and so is Canada Customs. Charges were laid here in Fort Frances for two men who failed to follow their quarantine order. Be safe, and be kind, be aware, try and be happy, and don't let all the negativity take over.

## Call ConnexOntario for support

The number of support lines, and help lines is getting a bit much, right? Do you feel like you need support from all the support options? If you do, that is also ok. This is all very overwhelming.

The overwhelming thoughts can lead to a lot of things. Anxiety, substance use/ abuse, and even gambling problems.

ConnexOntario can help with all of those things, and more. Connex is a 24 hour a day, 7 days a week resource that you can access. You can call them, you can live chat with them online, and you can email them.

Here is the contact information for ConnexOntario:

**Website:** [www.connexontario.ca](http://www.connexontario.ca)

**Phone number:** 1 866 531 2600, and this number is toll free. On the website, there is a link to send an e-mail, there is a tab to open up a chat box with a person on the other end, and there is a tab for COVID-19 as well where you can look for screening centers, and you can complete a self assessment.

## Crisis line

The Behavioural Health Services in Fort Frances has opened another crisis line to provide support during the pandemic.

It is available Monday to Friday, 8:30am to 10:30pm Central Standard Time. You can call anytime during those hours and you can talk with a mental health

clinician and support staff. The phone number is 807 271 0212.

Please do not ever hesitate to call. There are many numbers that we have given out, if you need some support, pick one of them, and call, they are trained to help you.



**Fort Frances Tribal Area  
HEALTH SERVICES**

**Behavioural Health Services  
Crisis line**

**Now available Monday to  
Friday 8:30 a.m -10:30 p.m**

**807-271-0212**

Speak directly with one of our Mental  
Health Clinicians/Support Staff

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## Thank you

A big thank you going out to Angela in Dryden for baking some fabulous muffins for the care packages. Angela has been helping out as much as she can with whatever she can, and we all really appreciate the hard work, and the extra set of hands. Thank you Angela.

Another thank you going out to members of the Fort Frances community for donating things for the care packages every week. It is greatly appreciated, and we thank you for doing that for us.

This has been said before, but it should be said again, thank you to ALL staff in ALL communities for your hard work, and help over these last few months. The extra hands, the ideas, the support, none of it goes unnoticed. So thank you, from me to you. Thanks for being a part of this wild ride.

And thank you to all of the readers, clients, and members, we are here for you.



## Care packages coming in hot

The Staff in Dryden were busy last week, as muffins were coming out of the oven, and being donated/dropped off for delivery day.

Angela showed off her baking talents this week, as she was kind enough to bake muffins for the Drop-In in Dryden to send out to members and clients.

As per usual, Peer Staff have been out and about doing deliveries and outreach as much as we can during this time. The other program staff in every community have been helping with packaging, donations, and deliveries as well. We look forward to seeing everyone again this week, and hope you are all staying safe.



## Face shields are a thing

If you see any staff walking up to you or your place of residence wearing a big clear face shield, do not be alarmed, and don't panic.

CMHA- Fort Frances branch is always trying to provide the best safety precautions for all of the members, clients, and staff. In the last week, some precautions have

changed, and now the staff have the option to wear either a face mask, or the face shield, or any combination if they choose that.

So when someone comes to visit, and they are wearing a face covering of any sort, please don't be worried, it is for the safety and protection of all of us.

**"It is for the safety and protection of all of us."**

**CAKE ANSWERS:**

1. Carrot Cake
2. Birthday Cake
3. Cheesecake
4. Banana Cake
5. Angel Food Cake
6. Upside Down Cake
7. Pancake
8. Cupcake
9. Pound Cake
10. Sponge Cake
11. Devil's Food Cake
12. Sheet Cake
13. Patty Cake
14. Crab Cake
15. Red Velvet Cake

**SUDOKU PUZZLE**

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

**Answers to last weeks Sudoku:**

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

## 1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY

BARNEY MILLER

BIONIC WOMAN

BONANZA

BRADY BUNCH

CHARLIES ANGELS

EMERGENCY

FANTASY ISLAND

GOOD TIMES

GUNSMOKE

HAPPY DAYS

HOGANS HEROES

LAND OF THE LOST

NIGHT GALLERY

POLICE WOMAN

ROCKFORD FILES

THE JEFFERSONS

THE ODD COUPLE

THE WALTONS

THREES COMPANY

[www.WordSearchAddict.com](http://www.WordSearchAddict.com)