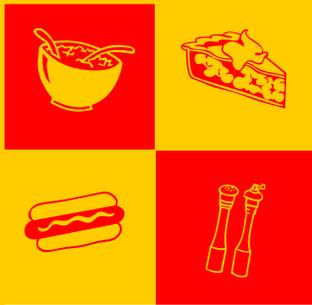


Neighbourly News

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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; do these things

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

Good day everyone! I hope you are all are doing well, and staying safe. I am sure that you have all hear that enough over the last 14 months around here, fingers crossed that we are coming to the end of the road soon.

With spring coming in hot, and summer about ready to peek around the corner, I think that it is important to remember a couple of things along the way.

We need to remember to take in the sunshine. The vitamin D is so important in our every day lives, and we sometimes take that for granted. When it is nice and sunny out, take 20 minutes, to half an hour, and go outside and soak in those warm, sunny minutes.

Remember to get in a little bit of exercise every day if you can. Getting your blood pumping, and the endorphins going will put a bit of pep in your step, and leave you feeling tired, but good. Not to mention that you can say that you are lapping everyone who is

still on their couch. It doesn't matter if you walk, run, or do some yoga, get your body moving, and you will thank yourself later.

If you don't do anything else in a day, please remember to smile and laugh. I read a quote today that said "Smile (noun)- a curve that sets everything straight". A smile can change anyone's day, so if you can give at least one person a smile, you are changing their day. Always choose kindness, and compassion, in the end, that's what really matters.

Stay safe.

Lockdown update

The Ontario government has extended the lockdown/ stay at home order into the beginning of the month of June.

The announcement came on Thursday, May 13th from Premier Doug Ford.

Please continue to be careful with hand hygiene, wearing your mask, and staying home unless you really need to go somewhere.

Be aware of who you are around, and where you

go. It is best practice to assume that everyone around you could possibly be sick, and whoever they have come in contact with, you have come in contact with as well.

Stay home, and be safe.

Victoria Day

Lisa's logic

Victoria Day is a statutory holiday remembered informally as "the twenty-fourth of May," or "May Two-Four." Originally a celebration of Queen Victoria's birthday, the holiday now marks Queen Elizabeth II's birthday as well. Victoria Day was established as a holiday in the Province of Canada in 1845 and as a national holiday in 1901. It is observed on the first Monday before the 25th of May.

In 1841, the parliaments of Upper and Lower Canada were replaced by a single legislative assembly for the Province of Canada.

The new assembly sought opportunities to create common ground between English and French Canadians that would transcend religious and cultural differences. A public holiday honouring the young Queen Victoria's birthday, May 24th, was an idea that appealed to both English and French Canadians.

At the time, loyalty to the Crown was a key cultural trait that distinguished Canadians from Americans and the monarch (the king or queen) was considered a guarantor of minority rights in the united province. In 1845, the legislative assembly of the Province of Canada declared the Queen's birthday an official public holiday, transforming the monarch's birthday from an exclusively military occasion to a civilian holiday.

Sun care

Points from Philip

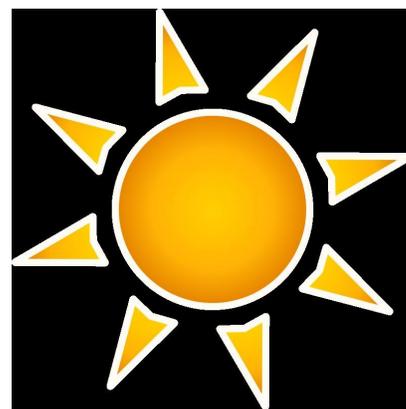
Summer is coming and it could be a good idea to consider sun protection measures.

Skin cancer is the most preventable cancer just by being aware of sun safety. Covering up with clothing and a hat is more effective than sunscreen.

If you have exposed skin and have to wear sunscreen, use a really good SPF rating and UV levels A,B and C. Summer will be very enjoyable, but remember your sun safety.

Make sure to keep young children covered up as well as you can, and to apply sunscreen multiples times through the day to keep them protected.

Stay safe, and have fun!



Stress management (Part 1)

Life lessons with Linda:

What is stress?

Trying to pay the bills on time, getting the house cleaned, laundry, dishes, making meals and trying to eat healthy when you're living on a limited income.

The demands on our daily life pull

us in so many directions, and at times, it's overwhelming. There are times when we don't have the energy and maintaining becomes a struggle. When the demands get out of hand it may lead to feeling "stressed".

When stress is left unchecked, the symptoms remain and chip away at both physical and mental health. So stress is okay at small amounts in fact, it's normal.

A healthy amount of stress may push some people to take care of their responsibilities, without keeping them up at night and/or harming their mental and/or physical health. The goal of having stress isn't to remove all the stress; it's to keep stress at levels that are helpful and not harmful.

Check back next week for more information about stress.

Zoom Zone

“Hello everyone! At the time of writing this, my birthday will be in 2 days! I’m so excited.

The members have been kind enough to continue to partake in the games on Zoom, and make my work life a great experience.

Pictured here, was from a Thursday where we played Yahtzee online and had a full house (literally)!

The more the merrier when it comes to Zoom! Please feel free to join us at any one of the Zooms for a fantastic time! Yours truly, Reece.”

If you want to join in on the fun, please email peersupport@cmhaff.ca and we will send you all of the information that you need to attend the Zoom sessions. If you need another calendar, feel free to contact your local peer support office, and we will try our best to get you whatever you are looking for. We appreciate everyone’s participation and all of the laughs and joy you all bring to Zoom.

Yahtzee (by BuddyBoardGames)

Zoom Peers 1	Jen	Reece	SuperFreak	Mary	Bruce	A A A A	Violet	QueenM
Ones	3	4	2	0		4	3	0
Twos		6	6	4		4	4	
Threes			9	6	9	3		
Fours				16	16	8		12
Fives				15				20
Sixes	18		24	0		12	24	
Bonus	0 (42 left)	0 (44 left)	0 (22 left)	0 (28 left)	0 (38 left)	0 (32 left)	0 (32 left)	0 (31 left)
3 of a kind	21	20	16	0	26			
4 of a kind				29			28	
Full house	25	25	25	25	25			
SM straight	30	30	30	30	30		30	30
LG straight	40	40		0	40		40	40
YAHITZEE				0				
Chance	21			15		15		22
Total	158	134	112	119	146	46	129	124



Painting a boat

A minute with Marilyn:

A man was asked to paint a boat. He brought his paint and brushes and began to paint the boat a bright red, as the owner requested.

While painting, he noticed a small hole in the hull, and quietly repaired it. When he finished he received his money and left.

The next day, the owner of the boat came to the painter and gave him a

nice check, much higher than the payment for painting. The painter was surprised and said. “You have already paid me for painting your boat”.

But this is not for the paint job. It’s for repairing the hole in the boat. Ah. But it was such a small service... Certainly it’s not worth paying me such a high amount for something so insignificant. My dear friend, you do not understand. Let

me tell you the story. When I asked you to paint the boat, I forgot to mention the hole. My children went out in the boat before I could tell them about the hole in the boat. If you hadn’t repaired the hole, something bad could have happened. So you see it wasn’t insignificant to me.

“Remember it’s the little things we do that can make a difference in someone’s life”.

Shout out!

Shout out to all of the staff here in Fort Frances who helped out with Mental Health Week!

This week, although different from what usually goes on, could not have been possible without you. From the decorating, to the care package help, to the people who took pictures and sent them to me, and then some.

I am very proud of all of us across the district for doing the best we could with what we had. Let’s hope next year is a little different.

Thank you all!



Mental Health Week Pictures



#RainyRiverOPP Congrats to
Constable Melinda Mills and Mobile
Crisis Worker Christie Cousineau.
This week they received a Letter of
Commendation for their actions
which saved the life of a female in
the summer of 2020.

#PoliceweekON #OPP #CMHA
#MentalHealthAwareness ^kw



CMHA is proud to congratulate our Mobile Crisis Response worker, Christie Cousineau, along with her partner Constable Melinda Mills of the Fort Frances OPP, as they both received a Letter of Commendation for saving the life of a woman in the community of Fort Frances in the Summer of 2020. Your hard work and dedication to the Mobile Crisis Response program is greatly appreciated. Well done, ladies, thank you for doing what you do every day.