

Special events

Income and Disability Assistance Earnings Exemptions Increases

Effective October 1, 2017 (September 20, 2017 assistance payment), earnings exemptions for people on income and disability assistance will increase by \$200 a month.

The new monthly earnings exemption for a single person receiving income assistance will be \$400, up from \$200.

The new annual earnings exemption for a single person receiving disability assistance will be \$12,000, up from \$9,600.

PS. Did you notice the \$100 increase in your Ministry cheque last month?

TVP Timesheets – due on Thursday Oct 26

Normally TVP timesheets are due on the last Friday of the month, but this month they are due on the Thursday. You can include your Friday hours on the timesheet, but please have it filled out by Thursday.

Vernon CMHA

Our Clubhouse recently visited Vernon and now they are coming to visit us! Hope you can join us on Thursday Oct 19 to welcome them.

Peer Support

Peer Support training is well on its way with a good number of participants taking the training to become peer mentors. The training runs till the end of October at which point the peer mentors will be looking for peers. This is an opportune time to fill out a Peer Referral-form to get a mentor. Peer mentors can provide one-on-one emotional and social support, as well as companionship. Hurry and get your referral in!

Kitchen News

Clubhouse will have a turkey lunch on Friday the 6th, with all the trimmings! *Sign up quickly* as space is limited.

In October, the kitchen will be having Chinese Mondays, Italian Tuesdays, and BBQ Thursdays!!!

Look at the menu for the great meals the kitchen staff have come up with.

Remember, if there's something you want to learn to cook, please let Lonnie know and she will help you learn it!

WorkBC Guest Speaker

Sherry from Work BC is returning to Clubhouse to talk about the myriad of opportunities that WorkBC has to offer. Mark Friday 11 am October 20th on your calendar.

Beach Volleyball & Picnic

This was a fun morning at Canoe Beach! Indeed, we were so enjoying ourselves that we missed the bus back. Just like last year, we bussed there and back. The van transported a few participants + our gear. Our ball was too light to play volley ball and the wind kept blowing it, so we played Bochy Ball instead. Kitchen provided a lovely picnic lunch and we sampled the winning flavour of our 'most popular ice-cream contest.' In case you weren't there to get a taste of it, the flavour that got the most votes, was the chocolate peanut butter!

MIAW – Mental Illness Awareness Week



Mental Illness Awareness Week runs October 1-7 this year. It is an annual national education campaign designed to help open eyes of Canadians to the reality of mental illness. One of the week's initiatives is the Faces of Mental Illness campaign. This is a national outreach campaign that features the stories of Canadians living in recovery from mental illness. The goal is to raise awareness and end the stigma associated with mental illness.

Denise B. and others will have special activities throughout the week in Clubhouse.

Journaling

Journaling is scheduled in the Clubhouse Friday mornings from 10:30 – 11:00am. This is a drop in group which welcomes all participants. No writing experience required.

Participants journal using ideas from written lists, pictures, words or phrases inspirational affirmations, looking through magazines, stressors from their personal life, real and virtual vacations – journaling ideas are endless. Some people draw, doodle, write poetry, etc. The group does not share what they write about, but talk about the experience.

Comments from the group:

- It is a peaceful place and time to journal
- It is a regular time to journal and I am developing a habit
- I am not distracted by my home life
- I can write about what is going on in my life
- I feel at peace after I journal

Come Join Us and Give Journaling a Try



October 2017

Calendar Inside

Clubhouse Newsletter

Autumn...Fall



The temperature has dropped, the days are getting shorter, the leaves are changing colour and apples and pumpkins are ripening. These are all signs that autumn, or fall, is here.

Do you ever wonder why this season has two names?

Historically speaking, fall and spring were seen as secondary seasons to summer and winter, and thus, their names are more recent. Way back when, spring was called *lenten* and fall *harvest*. When the names started changing they related to the life cycle of the leaf – spring to the spring of the leaf and fall to the fall of the leaf. With time, these were shortened to just spring and fall.

Autumn is more often used in formal speech, and poetry. In poetry autumn is associated with melancholia and the physical and mental inwardness that many people experience at this time of the year. Sunny, warm days of summer are gone, daylight hours diminish and there gets to be a chill in the air. While transition from summer to fall can be a challenge, there are things one can do to curb the melancholia.

Here are some tips for **fall wellness**:

- Boost your immune system by washing your hands, drinking lots of water and having an apple a day. Apples are packed with essential vitamins and minerals and they are fresh right now!
- Dress in layers to stay warm.
- Get quality sleep.
- Start a new activity: join a gym or a walking group, go swimming, get into crafts, take an art class, or try journaling. All these are available through Clubhouse for free. If you prefer to do it on your own in the community, note that you can get funding through the Participant Services Office.
- Sign-up for a peer mentor to help you get through the fall and winter months. Peer mentors are like buddies who are there to support you.

As the leaves fall, nature prepares for the oncoming months. In tune with that, it is important that we prepare for the change in seasons. Whatever it is that you choose to do, keep a schedule, take time for yourself and be well.



From participants



The Perfume Horse

A True Story by Laurie H

Whenever I had the chance, I would take a drive along a back road in Summerland to see horses that were fenced right beside the road. There was one horse in particular that liked my visits, a Skewbald. A Skewbald is a paint horse with white and any other color. This horse had palomino coloring with white but his mane and tail were blonde with one single area colored black.

He often came up to the fence to greet me and I would pull out handfuls of grass by the road to give to him. On this particular day I was feeling very sad which is why I went to see the horses. It was spring time with patches of snow left on the ground. Seeing about 8 or 9 horses in the pasture next to him was something new. I parked in a little pullout area right beside his pasture and I went to say hello to him.

He came to the fence for some attention from me like always but this time was a little different. He put his nuzzle right to my neck and took a few deep breaths. Of course I was surprised but giggled when I realized I was wearing perfume and noticed his eyes were half closed. He kept on breathing in the perfume as I petted his neck.

All of a sudden he pulled away and walked over to a leftover mound of snow; he stuck his nose into it and took some deep breaths, then lifted his head and blew what little snow was stuck to his muzzle. He made his way back to me and began his inhaling of my perfume again. That is when I realized he used the snow to clear his nose of the perfume so he could get a fresh take on it again!

After a little while he wandered off to graze, so I went to see all the new horses in the adjoining pasture. No sooner had I got a few horses at the fence to see me when I heard a heck of a ruckus. It was the Skewbald whinnying, almost screaming. He pawed at the fence and then started kicking it! I couldn't believe it, he was jealous! He did not want me paying any attention to any other horse! I went back to see him again and he calmed right down and he got more perfume sniffing before I left.

Although it was a strange event, it sure left me laughing, which was a far better mood than the one I had before I drove up to the pastures.

October Fun Facts

October is the tenth month in the Gregorian calendar, received its name from the Latin numeral octo meaning "eight", because in the original Roman calendar it was the eighth month.

The traditional birthstone amulets of October are opal, tourmaline, and rose sapphire. Opals are considered to be the traditional birthstone and they symbolize hope. Tourmaline is the modern birthstone for October. Both gemstones come in a wide variety of colors and are known for displaying multiple colors within the same stone.

The calendula is the month's traditional flower. Another name for calendula is the pot marigold. Colors range from pale yellow to deep orange. The calendula symbolizes sorrow or sympathy.

October is shared by the astrological signs of Libra the Scales (or Balance) and Scorpio the Scorpion.

Oktoberfest

Oktoberfest is a 16-day festival going from late September to the first weekend in October. It began when Prince Ludwig of Bavaria wanted to celebrate his marriage to princess Therese of Saxony-Hildburghausen, with his people on October 12, 1810. Ludwig had horse races and invited all of the people of Munich.

In 1811, an agricultural show was added to the horse races to boost the Bavarian agriculture. The horse races are no longer held today, however the Agricultural Show is still held every three years. In 1818 the first carousel and two swings were set up, along with small beer stands that would grow rapidly in number as the years went on. In 1896 the beer stands were replaced with the first beer tents and even beer halls. By 1819, the festive horse races were replaced by beer carts and a new edict: that the party return each fall. Since then, the festivities have been cancelled only two dozen times; once in 1870 during the Franco-Prussian war, twice due to cholera epidemics, and later in the hyperinflation of the 1920's and in the years during and after the two world wars.

Kitchener-Waterloo, Ontario has the biggest Oktoberfest celebration outside of Germany. Since 1969 the local Bavarian festival has become a massive hit for area residents and tourists alike, drawing between 750,000 and 1,000,000 visitors per year.

Awakening the Spirit Art Show

The Canadian Mental Health Association and the Mental Illness Family Support Centre are proud to host the 14th Annual Awakening the Spirit Art Show & Sale. We are celebrating the creative talents of people living with mental illness. Art has a therapeutic quality that has proven to benefit the mental health of individuals. Artwork on display is from those living with mental illness who have used art to positively improve their mental health. Through art and creativity we hope to break down some of the barriers and stigma surrounding mental health and mental illness. We encourage everyone to come down and view the amazing work of our local artists. Artwork is available to purchase.

When: Free public viewing Tuesdays from 12pm-2pm until October 11

Where: Vernon & District Performing Arts Centre – Coat Check Gallery. For more information please contact Marie-France or Courtney, 250-542-3114



This past month the Art Group attended the Opening Gala for the "Awakening the Spirit" Art Show. Each participant had one of their original art pieces selected to be shown.

Comments: "I feel very privileged to be part of this talented group of artists". "Everyone did an amazing job preparing for the show with nicely framed pieces and good artist statements". "It is a beautiful sight to see the art work honoured and displayed on the gallery walls". "Thank you to those who participated and shared your art for others to enjoy".

CHECK OUT THE CALENDAR FOR THESE EVENTS

Art 101. In October Art 101 will be continuing to explore new approaches to building textures using different mediums, implements and techniques. This is a combination of art instruction and exploring your own way of creating. No art experience is necessary. Come as you are with a curious mind and join in for some art time Thursday afternoons 1:30-3:00 pm.

Art Quest. Are you searching some time for your creative side? In October we are continuing with mask making. Come out and find a playfulness in creating your own unique mask. We will be exploring the idea of the different masks we wear and what we choose to show to others. Art Quest runs Monday afternoons 1:30-3:00 pm.

Birthday celebrations. October birthday celebrations take place on Friday the 27th. If your birthday falls for October you are entitled to a free piece of birthday cake. Others pay \$0.50.

Cards & Games. Come on over on Wednesday afternoons @ 1:30 to play some games. We have card games, chess, crokinole, pool, wii and more!

Connections. Free dinner, compliments of the Peer Support Program, followed by an activity. Join us on Wednesday, October 18. Rides home available.

Cycling. Bike rides continue every other Saturday in October, weather permitting. Dates are the 14th and the 28th.

Drop-In. October has three drop-in nights: the 3rd, 10th, and the 31th. Clubhouse is open late from 4-7 pm on these dates. Rides home available.

Fabric and Yarn Fridays. The Quilts & Crafts group continues meeting on Friday afternoons. Come check out this fun group and their new space! You can bring your own project or start one here.

Halloween. Halloween Day includes a free lunch by the Participants Services Office and a Drop-In event to Dry Lake. Get your costume ready!

Horse Therapy. This is an opportunity to learn about horses and give them love by brushing them. Leave Clubhouse @ 10:30 on Wednesday mornings. Limited space, sign-up required. For more info, talk to Robyn.

Journaling. Journaling continues on Friday mornings 10:30-11:00 with Lorrie. Journaling is an effective self-care tool that can profoundly improve both your physical and mental well-being. If you haven't tried it yet, do come and explore this pleasant activity.

Nature Walk. Join us for a nature walk to look for the spawning salmon and to admire the autumn colours. Sign-up required. Bring a lunch or get a paper bag lunch to go from our kitchen, cost is \$3. Date to be announced, check at the Clubhouse.

Spooktacular. Are you ready for bump in the night? It's the time of the year when you pull on your scariest costume and explore the spooky side of Haney Heritage Village. This is the 22nd annual Spooktacular. Come experience the terrifying spook trail and haunted house and all the menacing creatures that hang around there. Sign-up required.

Stretching and Mindfulness. Join us for some gentle stretching with mindfulness of how you are doing in the present moment. This is a supported activity to help you get connected to your body with mindfulness and appreciation.

Walking Group. This new activity on Fridays at 11 am replaces basketball. Robyn will lead a walk in the downtown core and the waterfront, rain or shine. If raining, walk is at the arena. Friday the 6th and the 13th. Longer nature walk on the 27th.

Woodshop. Woodshop is an excellent opportunity to use your creativity and artistry with wood. Activities range from general constructions to more refined projects. Wood shop is a fun and safe atmosphere to challenge yourself and explore your skill with wood. Future projects include barn wood picture frames and rustic lamps. Wood shop runs Monday mornings 10:30-12.

Clubhouse hours:
Mondays, Wednesdays, Thursdays 8:30 – 4:30.
Tuesdays 8:30 – 1 pm. 4 – 7 pm drop-in nights.
Fridays 8:30 – 3 pm.

Website. You can also find us online: <http://shuswap-revelstoke.cmha.bc.ca/>

Opportunities for participants

All of the Opportunities posted in the September Newsletter have now been filled. Thank you to all the participants who applied for the positions.



12 hours that can change your life

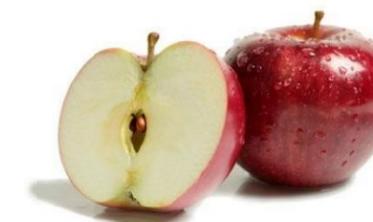
Sleep better, feel happier, have more energy, gain confidence, get out more, enjoy better relationships, help others – learn all that in eight enjoyable 90 minute sessions. Visit the website www.lttf.ca for more information.

Time/Date: 8 weekly sessions on Mondays – October 23rd to December 18th 10:00 – 11:30am (No class November 13th)

Cost: \$30.00 Reduced from \$185 thanks to Shoppers Drug Mart Ride Don't Hide 2017 Fund.

Location: Clovercourt

Contact: Denise Butler 250 832 8477 ext 201



Interesting stuff

Apple the fruit

October is Apple Month! Living in the Okanagan, we are lucky for we can enjoy an abundance of fresh apples each fall. How delicious it is to pick an apple right of the tree and have all the goodness burst in your mouth. Yum!

Did you know that in 1914 Canadian Government established the Dominion Experimental Farm in Summerland to study the valley's suitability for fruit tree growing industry? Well, the rest is history. Okanagan Valley is now a major producer of apples and other fruit. During apple harvesting an apple picker picks about 12 000 apples a day. That's a lot of apples!

The saying "an apple a day keeps the doctor away" hints to the wellness facts that apples contain. They are high in fiber and many vitamins and minerals, such as iron, magnesium and vitamin C. Apples also contain antioxidants. All of these components help prevent cancer, reduce the risk of heart disease and stroke, help control blood sugar and help prevent high blood pressure. When you eat an apple you are giving yourself many nutritional benefits.

Did you know that Canada has a national apple? Can you guess what it is? It's McIntosh. Can you name other apple varieties? (Spartan, Fuji, Gala, Ambrosia, Jonagold, Honeycrisp etc.) What's your favourite apple?



OCTOBER

| OCTOBER | | | | | |
|---|---|---|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT / SUN |
| MENTAL ILLNESS AWARENESS WEEK | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7/8 |
| Goals for the Week - 9:00am Wellness Bingo - 9:15am Woodshop - 10:30am - Building Picture Frames Chicken Stir Fry - 12:00pm Art Quest - 1:30pm - Mask Making | Coffee Talk - 9:00am Manicotti - 12:00pm Clubhouse Closes 1:00pm Drop In - 4:00pm - 7:00pm - Rides Home Available | Coffee Talk - 9:00am Horse Therapy - 10:30 am <i>Sign Up Required</i> Mandarin Chicken Salad - 12:00pm Peer Support Training - 1:00 - 3:00pm | Stretching - 9:30am BBQ Hot Dogs - 12:00pm Art 101 - 1:30pm - Texture Building Gym and Swim - 1:45 - 3pm | Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Walking Group - 11:00am Thanksgiving Turkey Dinner - 12:00pm <i>Sign Up Required</i> Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale Thrift Shoppe 10:00am - 4:30pm | |
| 9 | 10 | 11 | 12 | 13 | 14/15 |
| CLUBHOUSE & THRIFT SHOPPE CLOSED ALL DAY THANKSGIVING DAY  | Coffee Talk - 9:00am Spaghetti and Meatballs - 12:00pm Clubhouse Closes 1:00pm Drop In - 4:00pm - 7:00pm - Rides Home Available | Coffee Talk - 9:00am Horse Therapy - 10:30 am <i>Sign Up Required</i> Veggie Soup - 12:00pm Peer Support Training - 1:00 - 3:00pm | Stretching - 9:30am Peer Support Steering - 10:30am BBQ Chicken - 12:00pm Art 101 - 1:30pm - Texture Building Gym and Swim - 1:45 - 3pm | Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Walking Group - 11:00am Pizza - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale Thrift Shoppe 10:00am - 4:30pm | Cycling 1:00pm Meet At 4th Ave |
| 16 | 17 | 18 | 19 | 20 | 21/22 |
| Goals for the Week - 9:00am Walk - 9:15am Woodshop - 10:30am - Building Picture Frames Chicken Chow Mein - 12:00pm Art Quest - 1:30pm - Mask Making | Coffee Talk - 9:00am Lasagna - 12:00pm Clubhouse Closes 1:00pm No Drop In Tonight | Coffee Talk - 9:00am Horse Therapy - 10:30 am <i>Sign Up Required</i> Pork Roast and Mashed Potatoes - 12:00pm Peer Support Training - 1:00 - 3:00pm Connections - 5:00pm Rides Home Available | Stretching - 9:30am Vernon CMHA will be visiting and joining us for lunch - come out and welcome them! BBQ Hamburgers - 12:00pm Art 101 - 1:30pm - Texture Building Gym and Swim - 1:45 - 3pm | Good News Fridays - 9:00am Journaling - 10:30 - 11:00am WorkBC Guest Speaker - 11:00am Soup and a Bun - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale Thrift Shoppe 10 - 4:30pm |  Spooktacular 5:00pm Sign Up Required |
| 23 | 24 | 25 | 26 | 27 | 28/29 |
| Goals for the Week - 9:00am Walk - 9:15am Woodshop - 10:30am - Building Picture Frames Pork Fried Rice - 12:00pm Art Quest - 1:30pm - Mask Making | CLUBHOUSE CLOSED ALL DAY THRIFT SHOPPE OPEN 10am - 4:30pm No Drop In Tonight | Coffee Talk - 9:00am Horse Therapy - 10:30 am <i>Sign Up Required</i> Schwartzies Potatoes and Smokies - 12:00pm Participant Funding - 12:30pm Peer Support Training - 1:00 - 3:00pm | TVP Timesheets Due Stretching - 9:30am BBQ Chicken Burgers - 12:00pm Art 101 - 1:30pm - Texture Building Gym and Swim - 1:45 - 3pm | Good News Fridays - 9:00am Journaling - 10:30 - 11:00am BBQ Beef Kabobs and October Birthday Cake - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Bag Sale - Thrift Shoppe Friday & Saturday 10:00am - 4:30pm | Cycling 1:00pm Meet At 4th Ave |
| 30 | 31 | Nov-01 | 2 | 3 | 4/5 |
| Goals for the Week - 9:00am Walk - 9:15am Woodshop - 10:30am - Building Picture Frames Noodle Surprise - 12:00pm Art Quest - 1:30pm - Mask Making | Halloween Coffee Talk - 9:00am  Halloween Lunch - 12:00pm Clubhouse Closes 1:00pm Drop In - 4:00pm - 7:00pm Campfire & Smokies at Dry Lake - Rides Home Available | Coffee Talk - 9:00am Lunch - 12:00pm | Stretching - 9:30am Lunch - 12:00pm Art 101 - 1:30pm Gym and Swim - 1:45 - 3pm | Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Lunch - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale Thrift Shoppe 10:00am - 4:30pm | |

A reminder that Lunch is at 12 noon – Please call 250 832 0655 before 10:00am to reserve your lunch