

Thank You Volunteers

We at CMHA value our volunteers and acknowledge that we could not operate without you. We have volunteers covering a variety of areas, from kitchen to the store, board and more. Their passion, skills and enthusiasm have helped and continue helping our organization to grow and develop in our mission.

Our volunteers are part of the 12.7 million Canadians who give of their time in the non-profit sector, like CMHA. That equals to 1 in 3 Canadians who take initiative to help create positive impact in communities across the country.

Volunteering brings many benefits and you can explore these with the crossword on p. 4. Our volunteers' answers to our question of 'Why Do You Volunteer?' also tell that when you volunteer "you get more than you give."

"I get a lot of hugs. I'm in a happy place."

"Even though I am retired, I like to feel that I can be useful. It is satisfying to know that you have helped somebody and made them happy. The people I work with, and those I work for, are my friends. To volunteer is FUN, especially when you are doing something you like to do."

"I love volunteering for the companionship of the volunteers and the interaction with the customers. I always feel happier and 'lighter' when I leave. Thank you for the privilege of being part of this group."

"I like volunteering at Hudson Thrift because it keeps me healthy and it keeps me busy. If I don't keep busy I become ill."

"I feel privileged to volunteer in the Hudson Thrift Shoppe. I've been there for 4 years now. I especially appreciate and value our awesome customers. I look forward to volunteering. It has been great for my mental health and confidence."

"From the inside out, believe in yourself. Bring a smile, laughter, to faces. Taking time out, help all kinds of people, rich or poor, It makes no different to me. Spread love in all direction."

During the National Volunteer Week, April 15-21, we will be honouring our volunteers with a free luncheon. This happens in Clubhouse on Tuesday, April 17. You are all invited!





Use to volunteer in the kitchen ...

Volunteering in the kitchen seemed like a fun thing to do – I know how to cook (don't tell anyone) however I find myself cooking the same old things day after day, week after week, month after month, year after year! I wanted to add some spice in my life. In the very short time I have been volunteering in the kitchen I am learning about

- Different kitchen utensils that make the job easier
- New spices and ingredients that enhance flavor
- New recipes and flavours from different cultures
- Spicing up common recipes, etc.

Am also learning good communication and teamwork skills as well as picking up some great cooking ideas.

If you are not interested in working in the kitchen on a regular basis, but would like to learn a new cooking or baking technique or would like to try out a new recipe, talk to Lonnie. Perhaps it is something that others would like to learn too or perhaps you can help make the new recipe for lunch one day. There are lots of possibilities and opportunities that can evolve around the kitchen – share your ideas with Lonnie.

Celebrating Women

On March 8th Clubhouse held a lovely gathering to acknowledge the International Women's Day. Besides women, we had a few men join the celebration. We shared stories of women who have inspired us or who have made a difference in our lives, both locally and globally. Flower bouquets adorned the tables and each person in attendance went home with a beautiful flower. Each flower had a word attached to it and participants could choose a flower/word that spoke to them.

On Wednesday, April 4th there will be another gathering of women to discuss the start of a Women's Group. Hope you can join us and share your thoughts and ideas on this. The more the merrier.



Thank You For Your Menu Suggestions!

Thank you to everyone who took the time to submit menu suggestions – we have some new items to try and some old time favourites to bring back. In April we are looking for recipes from different countries and cultures ... check your recipe books for family favourites from the past or perhaps something new that you would like to try. The suggestion jar is on the kitchen counter.

Art Corner

Art Group participants are getting excited to start their journey with the 'Global Art Project for Peace.' Six participants from the art group have signed up and are working to finish their art pieces for the project.

The artwork for this project will be on display for a short period of time in April in Clubhouse, along with a photo of the artist and a personal message. The art pieces, photos and messages will then be mailed off as an exchange to other participants involved globally.

Look for more on this project in May when the exchanged pieces of artwork will be arriving at our door step!

On Mondays we will be starting drawing and sketching exercises to hone your skills or learn a new skill if you are just starting out. No art experience necessary, just come as you are and give it a try.

The music and open studio continues to be a bustling time on Thursdays with artists working on a variety of pieces and new musicians coming out and joining in. This last month we were happy to have had Robin join the mix with his guitar and harmonica playing.

CMHA Artists will be participating in the "Awakening the Spirit Art Show and Sale" June 1st – June 27th, 2018 in Vernon. See Nanika for more information.

Fabric and Yarn

The Friday afternoon Fabric and Yarn group took a different path for a few Fridays with participants and staff creating beaded bracelets, wrapped stones and gems under the watchful eye of Kathryn. Thank you Kathryn for your patience, guidance and great sense of humour. If there is more interest in jewelry making, additional workshops can be arranged. Share your ideas with Lonnie.

The Friday group is back to sewing, crocheting, knitting, etc. You are welcome to join us. For more information, talk to Lonnie.

Participant Funding

April 1st marks the start of a new fiscal year for Participant Funding. Clubhouse members are eligible for up to \$200.00 in funding between April 1st to March 31st. This funding is available to help you improve your wellness and might include, but is not limited to, things like
Fitness – Pool, Aquafit, Gym
Art – Drawing, Painting, Weaving
Music – Singing, Learning to Play an Instrument
Sports – Golf, Soccer, Slowpitch, Karate, Boxing
General Interest Courses – Photography, First Aid.
The options are almost limitless.

Participant Funding application forms are available in a folder outside of the Participant Services Office. If you need assistance filling out the application ask anyone in the office. April's application due date is Wednesday, April 20th and the Meeting is April 25.



ridedon'thide
Supporting Family Mental Health

The date is set: June 24. Tour de CMHA-team already has nearly 10 participants who've signed up. The team will start cycling as soon as weather permits. Would you like to join? No bike? No problem. Talk to Robyn. CMHA will cover the cost of the registration fees.

CLUBHOUSE HOURS

Monday, Wednesday, Thursday - 8:30am – 4:30pm.
Tuesday - 8:30am – 1:00pm, Friday - 8:30am – 3 pm.

PHONE & WEBSITE

(250) 832 8477 shuswap-revelstoke.cmha.bc.ca

Peer Support

We have made a few changes to the peer support office. Sara and Lori are available for support, to talk about the peer support program, and how it can benefit you. Sara will be in the office on Tuesdays from 9:30am – 1:00pm and Lori will be in the office on Thursdays from 12:30pm – 3:30pm. Do you know someone who is new to the community, feels isolated, or would like to go for coffee and a walk with someone? Peer mentors are available to listen and empower you on your journey.

Talk to Sara and Lori for more information and how you could get involved.

Participant Services Office Hours

Please note that the Participant Services office hours have changed ...

Mondays – 10:00am – 12:00pm – Carol

Tuesdays – 9:30am – 1:00pm – Sara

Wednesdays – 9:00am – 12:00pm – Kim

Thursdays – 9:30am – 11:30am – Angela
12:30pm – 3:30pm – Lori

Fridays – 10:00am – 12:00pm – Kim

*Kim continues to host Coffee Talk Tuesday and Wednesday mornings.

Campfire at Dry Lake

Join us in nature to celebrate Spring on Tuesday, April 24 for a campfire at Dry Lake. We will bring smokies and hot chocolate. Cost is \$3. Sign up required. We will leave Clubhouse at 4:00pm. Hope to see you there!

Opportunities

Thank you all who applied for the opportunities - postings. The positions are now filled.

Every now and then we do have small 'odd-job' postings so keep your eye out on the opportunities board. You can also talk to Beckie to see what may be coming up.

Revelstoke Clubhouse has changed their hours. As of April, they will be closed on Tuesdays and open Monday, Wednesday, Thursday and Friday afternoons 12:00pm – 3:00pm.

Benefits of Volunteering

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

- LEARN
- SHARE SKILLS
- FUN
- TEACH
- HAVE FUN
- GIVE BACK
- TUTOR
- FEEL NEEDED
- LEADERSHIP
- CIVIC DUTY
- SATISFACTION
- JOY
- KEEP BUSY
- DONATE TIME
- HAVE AN IMPACT
- HELP
- PROUD
- THERAPEUTIC
- DIFFERENT
- FEEL GOOD
- TEST YOURSELF
- ADD TO YOUR RESUME
- TAKE ACTION
- PAY IT BACK
- FILLS ME WITH HOPE
- LIFE PERSPECTIVE
- SUPPORTIVE
- GRATITUDE
- COMPASSIONATE



VOLUNTEER



WANT TO KNOW HOW TO FEEL BETTER, RIGHT NOW?

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 WWW.LLTFE.CA TO FIND OUT MORE!

TIME/DATE: April 18 – June 6 7:00 – 8:30pm

COST: \$35.00

LOCATION: Clover Court #51 – 9th Ave SE

CONTACT:

Denise Butler

Denise.butler@cnha.bc.ca

250 832 8477

ext 102

12 HOURS THAT CAN CHANGE YOUR LIFE



LIVING LIFE TO THE FULL

The Canadian Mental Health Association, British Columbia holds the exclusive Canadian license to Living Life to the Full.

Coffee Talk

TUESDAYS &
WEDNESDAYS
9:00 – 9:30AM
CLUBHOUSE

Chance to talk about what's on your mind
Suggestions and ideas for the Activities
Find out what's happening in the Clubhouse

Friends to Friends ... You Have Mail

The Friends to Friends ... You have Mail initiative is going to continue for at least another month. The pink sheets with the envelopes have moved from the bulletin board in to the activity room. Feel free to leave participants a positive, encouraging and / or inspiring message in their envelope. It is not too late for you to join in and put up an envelope. Let Participant Services know your thoughts on the project ... Did you enjoy participating? Would you like to see the envelopes stay up? Do you have any other suggestions about this initiative or do you have any new ideas?

NEWSLETTER

We are looking for your input about the newsletter. Please see the questionnaire drop in box by the Participant Services Office.

Work BC. Back by popular demand...Sherry from Work BC will be in Clubhouse on Friday, April 6 at 11 am. On previous visits Sherry has opened our eyes to the myriad of opportunities that await you at Work BC, from workshops to occupational training and onto job coaching. Job coaching means that if you face difficulties in carrying out your job, you get a job coach to support you. How excellent is that!

Here is what one of our participants had to say about his experience in getting employment:

"Everyone at Work BC went above and beyond in helping me. The job developer explained my situation to prospective employers better than I could. When I was feeling anxious, the job developer went and talked to the employers for me. The workshops, like resume writing, were also a huge help."

Hudson Thrift Shoppe

Exciting News!!! The Thrift Shoppe has entered the Downtown Salmon Arm "Best Dressed Window" Contest and we need your help! An endeavor this big will require many helping hands.

Judging for this contest begins on May 7th according to the following criteria: Creativity, Use of Window Space, Theme, Lighting, Use of Recycled Material and Overall Impact of the display. We have formed a committee to guide us through this process, and they have decided to go with a nature theme and more specifically how recycling saves our environment. We will need cardboard egg cartons, 4L plastic milk jugs, plastic pop bottles, zippers and many other items I can't even think of at this time. We will post a list of required materials on the Clubhouse tack board when we have a solid idea of exactly what we need. In addition to materials we may also need crafting hands to help us create some of the features of this display. Please contact any of the following people if you are interested in lending us your creative talents and helping us create the very BEST DRESSED WINDOW in Salmon Arm: Lorrie, Angela, Lonnie, Daniel, Nanika.

Activity Room

Earlier this year we were collecting suggestions to name the art/pool room. Of the three finalists, Club 43 received the most votes, followed by Activity Room and Paint & Play. Despite getting the most votes, it was felt that Club 43 was not a suitable name for the room. Having Clubhouse and Club 43 could also be confusing, to say the least. In consequence, we are going with the runner-up: The Activity Room.

CHECK OUT THE CALENDAR FOR THESE EVENTS

Archery. Once a month. April session is on Monday the 9th 6:45pm – 8:00pm. Meet at the old arena behind Centenoka Mall. \$5. For more info, talk to Robyn.

Art 101. Live Music/Artist Studio. We have had the pleasure of Stephanie bringing her guitar playing and singing as a wonderful addition to Thursday's art group. Come join us in art making and music, sing along, request a song, or bring your instrument down and join in the musical jam.

Art Quest. Drawing/Sketching. For the month of April we will be focusing on learning to draw. Nanika will lead you through some exercises to either hone your drawing skills or maybe open a whole new world of drawing for you if you are new at it. We will be using pencil, charcoal and pen. Come as you are, no art experience necessary.

Birthday Celebrations. April birthday celebrations take place on Friday the 27th. If your birthday falls for April you get a free piece of birthday cake, otherwise it's \$0.50.

Community Teaching Garden. Thursday mornings for the whole gardening season. Starting on April 5. Meet at Clubhouse at 10:00am to get a ride. Talk to Robyn about this exciting adventure to grow your own food!

Connections. Join us for a free dinner on Wednesday, April 18. Our peer coordinators Sara & Lori will lead you through fun and games after dinner. Rides home available.

Drop-In. Tuesdays are drop-in nights. In April Clubhouse is open 4:00pm – 7:30pm on the 3rd, 10th and 24th. Come and give your input how you'd like to see this program develop.

Fabric and Yarn Fridays. The Quilts & Crafts group continues meeting on Friday afternoons. Come see what all we have to offer!

Food Skills Group with Robyn and Lonnie on Wednesday afternoons April 25 – May 30 1:00pm – 4:00pm. FREE! FUN! Join us to learn new recipes and socialize with friends and taste some delicious meals that you can add to your home menu. Open for all skills levels. Sign-up required.

Gym & Swim. Note a new day: FRIDAYS. Meet at Clubhouse 1:45pm for a ride. If you don't have an access pass, please talk to Robyn.

Journaling. Journaling continues on Friday mornings. This is an effective self-care tool that can profoundly improve both your physical and mental well-being.

Ride Don't Hide. Meet Robyn and the Tour de CMHA-team at 4th Ave on Saturday April 14th to discuss biking-related stuff, like getting your bike tuned up and what the training will look like. If you don't have a bike, but would like to join, please come along as we'll be able to arrange a bike for you.

Stretching. Get your Thursday started with some gentle stretching and mindfulness at 9:15am.

Thrift Shoppe Meeting for Store Volunteers. Wednesday Apr 4th 10:30am – 11:30am. Please note that the main area of Clubhouse will be closed during this hour.

Volunteer Appreciation Luncheon. Tuesday, April 17. Please note that the Clubhouse will be closed 10:00am – 11:30am to prepare for the luncheon.

Women's Group. Planning meeting will be held on Wednesday April 4th at 1:30pm. All women are welcome!

Yoga. Hot yoga once a month 10:30am – 11:30am. Private session for CMHA participants. Watch for the flyer for the next date. As the yogis received group funding, the sessions are free for now.

APRIL 2018					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
<p>April 2</p> <p>CLUBHOUSE & THRIFT SHOPPE CLOSED</p> <p>EASTER MONDAY</p>	<p>3</p> <p>Coffee Talk - 9:00am</p> <p>Chef Salad - 12:00pm</p> <p><i>Clubhouse Closes 1:00pm</i></p> <p><i>Drop In 4:00 - 7:00pm Rides Home Available</i></p>	<p>4</p> <p>Coffee Talk - 9:00am</p> <p>Thrift Shoppe Meeting for Store Volunteers - 10:30am</p> <p>Mediterranean Meatball Sandwich - 12:00pm</p> <p>* NEW * Women's Group - 1:30pm</p>	<p>5</p> <p>Stretching - 9:30am</p> <p>Community Garden - 10:00am</p> <p>Butter Chicken with Rice - 12:00pm</p> <p>Art 101 - 1:30pm</p> <p>Live Music / Art Studio</p>	<p>6</p> <p>Good News Fridays - 9:00am</p> <p>Journaling - 10:30 - 11:00am</p> <p>WorkBC - 11:00am</p> <p>Stew and Corn Bread - 12:00pm</p> <p>Fabric and Yarn - 1:00pm - 3:00pm</p> <p>Gym and Swim 1:45 - 3:00pm</p> <p><i>Clubhouse Closes at 3pm</i></p> <p>Fabulous Friday Sale at the Thrift Shoppe</p>	<p>7/8</p>
<p>9</p> <p>Walk - 9:15am</p> <p>Woodshop - 10:30am - 12noon</p> <p>Veggie Soup - 12:00pm</p> <p>Art Quest - 1:30pm</p> <p>Drawing / Sketching</p> <p>Archery - 6:45 - 8:00pm</p>	<p>10</p> <p>Coffee Talk - 9:00am</p> <p>Participant Services Office Meeting - 10:00am</p> <p>Tangerine and Chicken Salad - 12:00pm</p> <p><i>Clubhouse Closes 1:00pm</i></p> <p><i>Drop In 4:00 - 7:00pm Rides Home Available</i></p>	<p>11</p> <p>Coffee Talk - 9:00am</p> <p>Pork Souvlaki and Greek Salad - 12:00pm</p>	<p>12</p> <p>Stretching - 9:30am</p> <p>Community Garden - 10:00am</p> <p>Lasagna and Salad - 12:00pm</p> <p>Art 101 - 1:30pm</p> <p>Live Music / Art Studio</p>	<p>13</p> <p>Good News Fridays - 9:00am</p> <p>Journaling - 10:30 - 11:00am</p> <p>Pizza - 12:00pm</p> <p>Fabric and Yarn - 1:00pm - 3:00pm</p> <p>Gym and Swim 1:45 - 3:00pm</p> <p><i>Clubhouse Closes at 3pm</i></p> <p>Fabulous Friday Sale at the Thrift Shoppe</p>	<p>14/15</p> <p>RIDE DON'T HIDE TRAINING</p> <p>Meet at 4th Ave 10:30am - 11:30am</p>
<p>16 17 18 19 20 21/22</p> <p>NATIONAL VOLUNTEER WEEK - APRIL 15th - 21st</p>					
<p>Walk - 9:15am</p> <p>Woodshop - 10:30am - 12noon</p> <p>Tuna Casserole - 12:00pm</p> <p>Art Quest - 1:30pm</p> <p>Drawing / Sketching</p>	<p>Coffee Talk - 9:00am</p> <p><i>Clubhouse Closes 10:00am - 11:30am</i></p> <p>VOLUNTEER LUNCH - 12:00pm</p> <p><i>Clubhouse Closes 1:00pm</i></p>	<p>Coffee Talk - 9:00am</p> <p>Broccoli Cheese Soup with Biscuits - 12:00pm</p> <p>Connections - 5:00pm Rides Home Available</p>	<p>Stretching - 9:30am</p> <p>Community Garden - 10:00am</p> <p>Chicken Cashew Wraps - 12:00pm</p> <p>Art 101 - 1:30pm</p> <p>Live Music / Art Studio</p>	<p>Good News Fridays - 9:00am</p> <p>Journaling - 10:30 - 11:00am</p> <p>Meatball Hash brown Bake - 12:00pm</p> <p>Fabric and Yarn - 1:00pm - 3:00pm</p> <p>Gym and Swim 1:45 - 3:00pm</p> <p><i>Clubhouse Closes at 3pm</i></p> <p>Fabulous Friday Sale at the Thrift Shoppe</p>	
<p>23</p> <p>Walk - 9:15am</p> <p>Woodshop - 10:30am - 12noon</p> <p>Spaghetti - 12:00pm</p> <p>Art Quest - 1:30pm</p> <p>Drawing / Sketching</p>	<p>24</p> <p>Coffee Talk - 9:00am</p> <p>Soya Chicken and Rice - 12:00pm</p> <p><i>Clubhouse Closes 1:00pm</i></p> <p><i>Drop In 4:00 - 7:00pm Campfire - Dry Lake Rides Home Available</i></p>	<p>25</p> <p>Coffee Talk - 9:00am</p> <p>African Nut Stew (Curry) - 12:00pm</p> <p>Participant Funding - 12:30pm</p>	<p>26</p> <p>Stretching - 9:30am</p> <p>Community Garden - 10:00am</p> <p>Porcupine Meatballs - 12:00pm</p> <p>Art 101 - 1:30pm</p> <p>Live Music / Art Studio</p>	<p>27</p> <p>TVP Timesheets Due (Friday / Saturday)</p> <p>Good News Fridays - 9:00am</p> <p>Journaling - 10:30 - 11:00am</p> <p>BBQ Chicken, Caesar Salad and Birthday Cake - 12:00pm</p> <p>Fabric and Yarn - 1:00pm - 3:00pm</p> <p>Gym and Swim 1:45 - 3:00pm</p> <p><i>Clubhouse Closes at 3pm</i></p> <p>Fabulous Friday Sale at the Thrift Shoppe</p>	<p>28/29</p>
<p>30</p> <p>Walk - 9:15am</p> <p>Woodshop - 10:30am - 12noon</p> <p>Macaroni Casserole - 12:00pm</p> <p>Art Quest - 1:30pm</p> <p>Drawing / Sketching</p>	<p>MAY 01</p> <p>Coffee Talk - 9:00am -</p> <p>Lunch - 12:00pm</p> <p><i>Clubhouse Closes 1:00pm</i></p>	<p>2</p> <p>Coffee Talk - 9:00am -</p> <p>Lunch - 12:00pm</p>	<p>3</p> <p>Stretching - 9:30am</p> <p>Community Garden - 10:00am</p> <p>Peer Support Mentors Meeting 10:30am</p> <p>Lunch - 12:00pm</p> <p>Art 101 - 1:30pm</p> <p>Live Music / Art Studio</p>	<p>4</p> <p>Good News Fridays - 9:00am</p> <p>Journaling - 10:30 - 11:00am</p> <p>Lunch - 12:00pm</p> <p>Fabric and Yarn - 1:00pm - 3:00pm</p> <p>Gym and Swim 1:45 - 3:00pm</p> <p><i>Clubhouse Closes at 3pm</i></p> <p>Fabulous Friday Sale at the Thrift Shoppe</p>	<p>5/6</p>