

PEERS WANTED

Have a Conversation

Coffee/Walk

Talk/Have Lunch

There are Peer Mentors that want to meet you!

Everything is Confidential



Talk to Sara or Lori in the Clubhouse



WOMENS' GROUP

Wednesday July 4
1:30 – 3:00pm

WHEN WOMEN GET TOGETHER AS A GROUP, IT IS IMMENSELY POWERFUL
Annie Leonard



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
Occasional Guest Speakers



Kal Lake Rail Trail Walk & Swim – Friday July 13

Are you up for a walk, a picnic, and a refreshing swim in the hot summer sun? Join us for a beautiful easy walk on the old railroad in Vernon along Kalamalka Lake on Friday, July 13, leaving Clubhouse at 9:30am. Please sign up and bring \$3.00 if you would like a picnic lunch or simply make and bring your own lunch. Be sure to dress in comfortable clothing, shoes, a hat, sunglasses, and sunscreen, water, and don't forget your bathing and towel if you are interested in swimming afterwards. Sign up in Clubhouse.

Nature Walk and Swim – Friday July 20

Let's take time out to connect with nature and see the beautiful wonders of this world on Friday, July 20 at 10am. We will going for a nice, easy walking trail and finding a place to relax on a beach afterwards for a swim and picnic. Location to be announced. Sign up required. Cost is \$3.00 for a picnic lunch or bring your own. Don't forget to bring your hat, sunglasses, water, sunscreen, bathing suit, and towel.

Sign Up Required
Watch the Bulletin Board

HUDSON'S THRIFT SHOPPE

"WHAT AM I"?



Enter your July guess along with your name and contact info into the "What Am I" box in the clubhouse for a chance to win a small prize.

The correct answer for June was: **A Book Stand.** Congratulations go to Anthony Arcand who entered the only correct answer. Anthony wins one free item at the coffee bar! *Thank You to everyone who entered a guess in the "What Am I?" contest!*



A huge thank you to all the bike riders, walkers, volunteers, staff, donors and sponsors who made the 2018 Ride Don't Hide a huge success! We could not have done it without everyone participating!

A total of 234 riders/walkers raised over \$26,000 that is going directly towards CMHA programs at the Shuswap-Revelstoke Branch. Way to go!!!!

Upcoming events ...

Weaving Workshop

- A weaving workshop will be scheduled for the fall.

CMHA MasterChef Competition

- The competition will be scheduled for October – more details to come.



Clubhouse Newsletter

PeerNetBC



"Helping people make connections is our passion".

People who have strong connections to others have improved health, and communities where people are connected are healthier places to live.

Peer Mentors, Participant Services Coordinators and staff had a great opportunity to attend a full day workshop with facilitators Alanna and Lydia, from PeerNetBC, to not only talk about Peer Support but also acknowledging equality and showing respect, creating warm and inviting spaces to learn and share, being part of a team, recognizing dynamics within a group, solving problems, etc. The workshop was a good mix of information, sharing and team building. The workshop was so successful, it was the consensus of the group, that PeerNet BC be invited back to Salmon Arm in the future to explore some of the topics in greater detail.

A snap shot of two of the discussions:

Principles behind Peer Support are three-fold –

- i) Sharing Equal Status – all members are committed to equal involvement and a shared responsibility for group tasks and maintenance, input is valued from each person, everyone is the similar (sharing common ground, issue, experience)
- ii) Giving and Receiving – individuals receive support and offer support to others.
- iii) Knowing from Experience – participants find practical information and emotional insights from shared experiences both useful and comforting.

Group Dynamics – Groups move in and out of the five stages of forming, storming, norming, performing and adjourning over the course of their existence.

Open ended groups tend to have some people at the beginning two stages most of the time. New people come and so are at the forming stage – they want to learn how the group works. Other people may come once or twice and feel as though they can freely express pent up emotions to the group, thus entering the storming stage, if not handled appropriately.

Closed groups may tend to move through the stages in a more progressive way. This may include discussing what will happen at the adjourning stage well before the last night. Some groups never really get beyond the storming stage and disband in conflict or slowly begin to break up long before reaching the "mature" or performing stage. Others do well and reform again and again as membership changes.

Self-help groups can provide such a positive experience that members will go on to form other groups to match their changing lives. There is no pattern in any group. When group members recognize the various stages, the difficulties of a particular stage can be eased as the group develops.

Source: PeerNetBC.com

The PeerNetBC workshop was enlightening as Alanna and Lydia presented in a way that wasn't regimented. We laughed, we learned and we could be ourselves!



BEACH DAY - TUESDAY
JULY 24TH - 9:00am

Lunch Provided

Watch for the Sign Up Sheet
Remember your water, sunscreen,
bathing suit, towel, hat and games!



Summer Yard Art

Wednesdays

July 11, 18, 25

1:30pm

Activity Room

Come out and join us and have some fun making art work for your yard or patio.

There is no charge for this activity, however we do ask that you bring your own supplies to make your creations. Watch for a display of ideas in the Clubhouse. Start collecting your supplies. A limited number of supplies will be available at the workshop-glass drill, glass pieces for mosaics, glue, sealants, rebar, hardware to help put the projects together, etc. We are keeping a watchful eye out for goodies from the Hudson's Thrift Shoppe – these items will be available for purchase at the workshop, however we are counting on participants to bring their project supplies.



Bring your ideas, supplies, enthusiasm and lets have a lot of fun creating our yard and patio art!

Art Corner

Hey Art lovers! Come check out our new show of mixed art works hanging on display in the clubhouse. The show highlights mixed mediums of past projects we've worked on from multiple talented artists: Lino block print, oil pastel, acrylic paint and watercolour. We also have a sneak peak of a beautiful woven wall hanging which we will be doing in the Fall, look for upcoming posts to participate.

We continue to wait for our 'Global Art Project for Peace' artworks from across the globe. Hoping to have that show on display as soon as all the pieces arrive. Watch for a posting at the clubhouse for our revealing of that show.



In July we will continue with the "Painted Rocks" project and mission of painting 100 rocks to celebrate CMHA's 100th year.

We had a lovely day out in Sunnybrae collecting rocks for this project, looking to have another outing of collecting, picnic and some outdoor sketching in July, look for postings in the clubhouse for this outing. The rocks will be painted with positive images and words to send out in the community and found randomly for people to discover.

Thank you to all the folks who joined in making the colourful flags for the 'ride don't hide' event. I appreciated all your messages and images that support mental health and helping to get the messages out into the community.



Hudson Thrift Shoppe

Greetings from the Thrift Shoppe crew!

Well July has arrived and with it the one true sign of summer.....Road Construction! Right in our own back yard....literally! You have probably heard and even felt the heavy equipment at work as their vibrations rumble through the CMHA building and wondered what all this activity is about.

The City of Salmon Arm is working on the water main and beautifying our street. Well.... right now it doesn't look so beautiful, but it will all pay off in the end as they will be putting in new sidewalks (on the Tim Horton's side of the street), planting new trees and installing new lighting. The crews will be working directly in front of the Thrift Shoppe until June 29th and will continue their work on the McGuire Lake end of Hudson Ave from June 26-July 13th. I understand that this project is the first of many more to come. The City will stop construction for the summer and resume in September as they work towards the centre of the downtown core.

We recognize how inconvenient this construction is for both our participants /volunteers and customers alike, and thank you for your continued patience and patronage. I have been so impressed at how our Thrift Shoppe team has pulled together in supporting one another in the not so pleasant challenge of problem solving the parking issues that have certainly impacted many of our participants and volunteers. Your perseverance and dedication is recognized and appreciated!

Our store hours remain Monday –Saturday 10:00-4:30, and our donation bin in the lobby remains open. We look forward to seeing you soon.

Don't forget, every Friday is fabulous in the Thrift Shoppe! Bag Sale is on July 27th!

Check out the "What Am I" contest on the back page and guess what this month's item is.

Please Welcome Our Summer Student

We are delighted to welcome Erin to CMHA. She is the summer student and is here to work on projects and to offer support within our program throughout this Summer. Drop by and say "hi" to Erin.

Location:
SD 83 District Education Support Centre,
341 Shuswap Street, SW, Salmon Arm,
BC, V1E 4N2.

Cost:
\$160.00 subsidized rate.
(This workshop is generously subsidized by
community partners)

- Workshop includes nutritional breaks
- Lunch is on your own (12-1 pm)

Registration:
To register online:

<https://shuswap-revelstoke.cmha.bc.ca/news/asist/>

For further information contact:
Shannon Hecker
Phone: 250-832-8477
E-mail: shannon.hecker@cmha.bc.ca



Applied Suicide Intervention Skills Training

School District 83 with the Canadian Mental Health Association Shuswap-Revelstoke Branch will be offering ASIST training in Salmon Arm.

Dates: July 4th and 5th, 2018
8:30 AM to 4:30 PM daily

- Learning Outcomes of ASIST:
- ✓ Identify people who have thoughts of suicide
 - ✓ Understand how beliefs and attitudes can affect suicide interventions.
 - ✓ Listen to the story of a person at risk and recognize turning points that connect a person to life.
 - ✓ Conduct a safety assessment, develop a safety plan and confirm the safety actions to be done.

Add ASIST to your physical 1st Aid skills to help save a life!

Participants' feedback indicates that the workshop increases caregivers' knowledge, comfort level and confidence in responding to a person at risk of suicide. Upon completion, participants receive a certificate for 14 accredited hours of ASIST training.



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



RCMP MUSICAL RIDE

July 16 – 2:00pm

Salmon Arm
Fair Grounds

COST for Clubhouse Participants \$5.00

Participants can choose to walk together from the Clubhouse (leaving at 1:15pm) or find their own way to the Fair Grounds.

Advanced Sign Up Required – See Bulletin Board



Good Food Box

The Kitchen continues to purchase the Good Food Box and cooks the monthly recipe(s) provided with the vegetables and fruit in the box. June's food box was sourced from: Askew's – lettuce, tomatoes, cucumbers; DeMille's – potatoes, carrots, bananas, green onions; Pedro's – potatoes, oranges, onions, celery, beets.

Marinated Cucumber, Onion, and Tomato Salad

1 c water
 ½ c distilled white vinegar
 ¼ c vegetable oil
 ¼ c sugar
 2 t salt
 1 T fresh, coarsely ground black pepper
 3 cucumbers, peeled and sliced ¼ inch thick
 3 tomatoes, cut into wedges
 1 onion, sliced and separated into rings.

Preparation:

- Whisk water, vinegar, oil, sugar, salt and pepper together in a large bowl until smooth;
- Add cucumbers, tomatoes, and onion and stir to coat.
- Cover bowl with plastic wrap; refrigerate at least 2 hours.

Banana Apple Smoothie

1 ripe banana
 ½ apple (cored and peeled)

Add

Dash Cinnamon
 ½ t vanilla extract
 1 c milk

Handful ice cubes

Preparation:

- Blend until smooth!

Upcoming Good Fox Box Dates

Pay \$12.00 On or Before	Pick Up
• July 12	July 19
• August 9	August 16
• September 13	September 20
• October 11	October 18
• November 8	November 15
• December 13	December 20

- **Pay at** Fletchers Park Senior's Resource Centre (320A – 2nd Ave NE) or Shuswap Family Resource Centre (181 Trans-Canada Highway NE).
- **Pick Up** at the Catholic Church of St. Joseph (90 1st Street SE) between 1:00 and 5:00pm.

Effective July - Lunch is \$3.25

CMHA ANNUAL GENERAL MEETING

I attended the CMHA Annual General Meeting for the first time this year. Most AGMs that I have attended are somewhat loonngggg and boring. This CMHA was well organized, short and to the point not to mention very informative at the same time! My kudos to the CMHA Chair and Board members and staff who contributed to the success of the meeting.

CMHA revenues and expenditures. 2017/2018 showed a surplus of just over \$27,500.

Revenues - \$1,467,788

- 48% Government Contracts
- 21% Rents and Leases
- 12% Thrift Shoppe
- 10% Grants
- 8% Other
- 1% Donations and Fundraising

Expenditures - \$1,440,221

- 64% Wages and Benefits
- 20% Operational Costs
- 11% Direct Program Costs
- 5% Administration Costs.

There is a copy of the published 2017/2018 Annual Report on the bulletin board.



Following the AGM, Keynote speakers Laura Paiement and Shannon Hecker explored a *Vision for Wellness through nature, movement and connection.*



On a blank paper, draw a tree, complete with roots and branches. Using the bottom 1/3 of the tree, write down things you would like to leave behind (drama, guilt, weight, stress, health issues, etc.)

On the top half of the tree draw in some flowers, birds, fruit, and write things that you can personally do to leave behind the adversities in your life. Ideas might be: Smile More, Laugh More, Be Kind to Yourself, Get More Sleep, Exercise More, etc.

The purpose of the exercise is to recognize that it is unrealistic to think that we can be happy all the time. Things happen in life that can affect our happiness and wellbeing. It is through these adversities of life that we grow and blossom – we can learn to cope, heal and become happier with ourselves. Being aware of what can improve our own happiness will help us to better connect with ourselves, family, friends, and community. Connect with nature (stop to smell the roses), listen to the birds, and use your other senses to connect. Being a part of nature + physical and mental movement = positive connections.

The evening concluded with a Dance Party! What an Annual General Meeting!

CHECK OUT THE CALENDAR

Art 101. Live Music/Artist Studio. The music and open art studio continues on Thursday afternoons with artists working on a variety of art pieces as well as musicians coming out and sharing their music. Feel free to join in, bring your instrument, sing along, dance or come out and enjoy the music and some creative time.

Art Quest. 100 Painted Rocks. We will be continuing with the 'painted rocks' project to celebrate CMHA in their 100th year anniversary. We have begun the process of painting images and messages to send out into the community and had a lovely day out in Sunnybrae collecting the first batch of rocks. We will be painting '100' rocks with messages and images to send out into the community. Look for a posting in the clubhouse for date and time for our next outing of collecting, picnic and some outdoor art making.

Beach Day. Clubhouse is going to the beach!!!! Join us on Tuesday, July 24 at Herald's Park for a picnic, games, swimming, kayaking, and relaxing on the beach. Bring water, towel, bathing suit, sunscreen, and a hat, and your summer fun. Meet at Clubhouse at 9am. Rides will be offered and Clubhouse will be closed that day. Sign up required. See you there!

Birthday Celebrations. June birthday celebrations take place on Friday the 27th. If your birthday falls for July you get a free piece of birthday cake, otherwise it's \$0.75.

Community Teaching Garden. Thursday mornings for the whole gardening season. 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, July 18th. Our peer coordinators Sara & Lori will lead you through fun activities and games after dinner. Rides home available.

Good Food Box Lunch. The Kitchen will be purchasing a Good Food Box each month and cooking the recipe(s) provided with the box on the 3rd Friday of the month – sign up for lunch and try something new! May's recipes are included in this newsletter!

Drop-In. Let's re-connect and catch up since our last drop-in in May. We hope to see you on Tuesday, July 3 from 4-7:30pm to hang out and gather ideas for the upcoming parking lot party on July 31st. Stop by the Clubhouse and say "Hi".

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

Farmer's Markets. Let's go and check out the Salmon Arm Farmer's Market on Friday, July 6. We will be leaving Clubhouse at 10am. On Friday July 27th we will head out to the Open Air Market in Enderby from the Clubhouse at 9:30am. Sign up is required for both of these events!

Gym & Swim. 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 at 10:30am. This is an effective self-care tool that can profoundly improve both your physical and mental well-being.

Kal Lake Rail Trail Walk & Swim. Are you up for a walk, a picnic, and a refreshing swim in the hot summer sun? Join us for a beautiful easy walk on the old railroad in Vernon along Kalamalka Lake on Friday, July 13, leaving Clubhouse at 930am. Please sign up and bring \$3.00 if you would like picnic lunch or simply make and bring your own lunch. Be sure to dress in comfortable clothing, shoes, a hat, sunglasses, and sunscreen, water, and don't forget your bathing and towel if you are interested in swimming afterwards. Sign up in Clubhouse.

Nature Walk and Swim. Let's take time out to connect with nature and see the beautiful wonders of this world on Friday, July 20 at 10am. We will be going for a nice, easy walking trail and finding a place to relax on a beach afterwards for a swim and picnic. Location to be announced. Sign up required. Cost is \$3.00 for a picnic lunch or bring your own. Don't forget to bring your hat, sunglasses, water, sunscreen, bathing suit, and towel.

Participant Funding Meeting. There is no funding meeting in July - the next participant funding meeting is scheduled for 12:45pm Wednesday August 29th. Funding applications are available in a folder in front of the participant services office and are to be completed and returned with supporting information by Wednesday August 22nd. For more information talk to Angela or Carol.

Parking Lot Party. Back by popular demand . . . join us for the 2nd annual parking lot party on Tuesday, July 31 from 4-7:30pm. We will be closing down the parking lot to have our own fun and BBQ! Join us for games, water fights, basketball, outdoor art, music, and maybe even a dance party! Hope to see you there and come and plan the party with us at Drop-in on July 3.

RCMP Musical Ride. Clubhouse participants have an opportunity to attend the 2:00pm RCMP Musical Ride performance on Monday July 16th. Cost is \$5.00 per participant. Sign up is required on or before July 10th. Check the bulletin board for more information.

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

Women's Group. The next meeting will be held on Wednesday July 4th – 1:30pm at Clubhouse. All women are welcome!

Woodshop. Are you a seasoned woodshop person but don't have any tools or are you a beginner or somewhere in between? Come out to Clubhouse Monday mornings – the woodshop is open from 10:30am to 12:00pm and Stewart is there to help!

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
2	3 Coffee Talk - 9:00am	4 Coffee Talk - 9:00am	5 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Peer Mentors Meeting - 10:30am	6 Good News Fridays - 9:00am Farmers' Market (Salmon Arm) - 10:00am - <i>Sign Up Required</i> Journaling - 10:30 - 11:00am Activity Room	7/8
CLUBHOUSE CLOSED ALL DAY	Bean Quesadillas - 12:00pm Clubhouse Closes 1:00pm	Greek Style Quinoa Salad - 12:00pm Women's Group - 1:30 - 3:00pm	Lasagna - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio	Smokie & Potato Salad - 12:00pm Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday 2 for 1 Sale at the Thrift Shoppe	
	Drop-In - Re-connect, Catch Up, Plan the Parking Lot Part - 4:00 - 7:30pm - Rides Home Available				
9 Woodshop - 10:30am - 12:00pm Grilled Ham and Cheese Sandwich with Salad - 12:00pm Art Quest - 1:30pm 100 Painted Rocks	10 Coffee Talk - 9:00am Grilled Pizza Planks - 12:00pm Clubhouse Closes 1:00pm	11 Coffee Talk - 9:00am Chicken Fingers and Caesar Salad - 12:00pm Summer Yard Art - 1:30pm	12 Stretching - 9:30am Peer Support Steering Committee Meeting - 10:30am Chili and a Bun - 12:00pm	13 Good News Fridays - 9:00am Kal Lake Rail Trail Walk and Swim - 9:30am - <i>Sign Up Required</i> Journaling - 10:30 - 11:00am Pizza Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday 2 for 1 Sale at the Thrift Shoppe	14/15
16 Woodshop - 10:30am - 12:00pm Sloppy Joes with Salad - 12:00pm RCMP Musical Ride - Fair Grounds - Meet at Clubhouse 1:15pm - <i>Sign Up Required</i> Art Quest - 1:30pm 100 Painted Rocks	17 Coffee Talk - 9:00am BLT and Coleslaw - 12:00pm Clubhouse Closes 1:00pm	18 Coffee Talk - 9:00am Macaroni Salad - 12:00pm Summer Yard Art - 1:30pm Connections - 5:00pm Rides Home Available	19 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Chicken Stir Fry - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio	20 Good News Fridays - 9:00am Nature Walk and Swim - 10:00am - <i>Sign Up Required</i> Journaling - 10:30 - 11:00am Activity Room Good Food Box Surprise - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday 2 for 1 Sale at the Thrift Shoppe	21/22
23 Woodshop - 10:30am - 12:00pm Chef Salad - 12:00pm Art Quest - 1:30pm 100 Painted Rocks	24  BEACH DAY WATCH THE BULLETIN BOARD FOR DETAILS No Drop-In	25 Coffee Talk - 9:00am Pork Casserole - 12:00pm	26 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Chicken Burritos - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio	27 TVP Timesheets Due (Friday / Saturday) Good News Fridays - 9:00am Open Air Farmers' Market (Enderby) - 9:30am - <i>Sign Up Required</i> Journaling - 10:30 - 11:00am Activity Room BBQ & July Birthday Cake - 12:00pm Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday Bag Sale at the Thrift Shoppe	28/29
30 Woodshop - 10:30am - 12:00pm Frittata and Salad - 12:00pm Art Quest - 1:30pm 100 Painted Rocks	31 Coffee Talk - 9:00am - Cranberry Chicken & Rice - 12:00pm Clubhouse Closes 1:00pm Drop-In- Parking Lot Party and BBQ -4:00 - 7:30pm - Rides Home Available	01-Aug Coffee Talk - 9:00am Lunch - 12:00pm	2 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Lunch - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio	'3 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Lunch - 12:00pm Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday 2 for 1 Sale at the Thrift Shoppe	4/5

A reminder that lunch is served at 12 noon - Please call 250 832 0655 before 10:00am to let the kitchen know you are coming for lunch