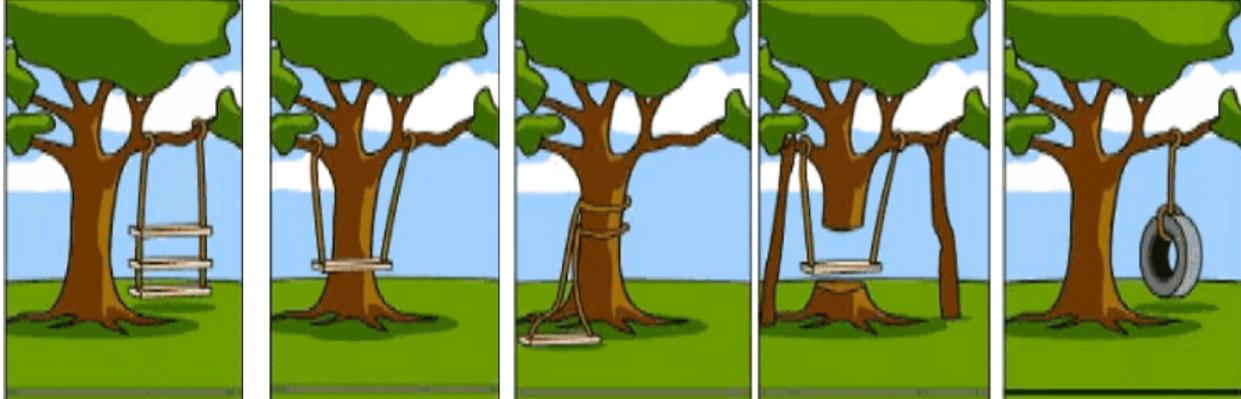


Clubhouse Newsletter



What the customer explained

What was approved

What was designed

What was delivered

What the customer wanted

Does this ever happen to you? You say one thing and the other person hears something else, or, you get misunderstood because you can't quite express yourself the way you see things in your mind or feel in your heart? Or, you are talking and the other person is fidgeting and avoiding eye contact? These are just a few examples that can lead to misunderstandings, frustrations, or conflicts in our communication.

Communication is way trickier than it seems. Basically, it involves a sender, a message, and a receiver, but problems can occur at every step of the way, as seen in the above image. Though it's something that we do every day, we may never become good communicators unless we work on it. It's a skill that is learned and practised over time.

Good communication involves not only talking, but also listening. Since we have two ears and only one mouth, it could be argued that listening is more important than talking. Listening well means not just hearing the words spoken, but understanding the person and the message.

Non-verbal communication, or body language, is another important component of communication. Your posture, facial expressions, eye contact, tone of voice, breathing etc. tell more than words alone can.

If you are looking to have better awareness of your communication style and improve your skills, check out the Healthy Communication-workshop that Clubhouse is offering this month. Good communication reduces misunderstandings and conflicts, enhances relationships and leads to understanding of people.

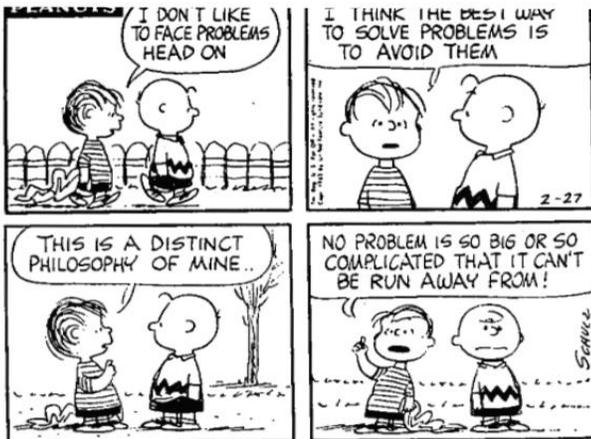
Communications Workshop



THREE (3) Mondays
10:30-noon
Sept 17 & 24 and Oct 1
Sign Up Required

Check out more information about this workshop on the next page.

An introduction to healthier communication styles and barriers that get in the way of understanding each other.



We learn how to communicate at an early age in two places: home and school. What we learn, whether healthy or dysfunctional, we adapt and use to navigate the world.

This workshop will help you better your communication skills and assist with problem analysis and solutions.

WORKSHOP OBJECTIVES: Give you an opportunity to look at your own history of how conflict/confrontation in your past influences your communication today.

- Learn a new way of looking at conflict and dealing with it in a constructive and healthy way to create more harmonious relationships where everyone is listened to and respected, and lasting agreements are reached
- Understand the variety of styles for dealing with conflict/ confrontation
- Identify individual modes/styles of dealing with difficult people and how these are impacting your personal interactions in situations
- Reflect individually on how to increase effectiveness in relationship interactions and conflict situations

The workshop will run for three sessions on Mondays 10:30-noon, Sept 17 & 24 and Oct 1.

Sign-up in Clubhouse

Salmon Arm Fall Fair

The fair runs from Friday-Sunday, September 7-9. Five before five entrance fee is back. You can get in for \$5 if you go before 5 pm, but on Friday only!

Staffing Changes

September brings a host of changes to staffing at CMHA:

- **Sanne** is leaving to pursue other opportunities, but will stay with us as a casual staff
- **Lorrie** makes a move to Clubhouse, but will still be part of the Thrift Shoppe team in some capacity
- **Robyn** moves from 4th Ave to the Thrift Shoppe
- **Jonathan** returns to CMHA on full-time basis as he takes on the house manager position @4th Ave
- **Rachael** Runge has joined our team as the new casual. You'll soon be seeing her in the store, so stop by and say hello and welcome her to CMHA.

Congratulations to all. Onwards and upwards we go!

Art Corner

Congratulations Stephanie! She has been through the auditions and been selected to perform and compete at the Salmon Arm Fall Fair 'Shuswap's Got Talent'. Stephanie will perform on guitar and sing her original song, 'Rosie Remembered' on Friday, September 7th at 9:15pm and Saturday, September 8th at 8:40pm. The Winner's Showcase will be held on Sunday, September 9th at 2:00pm. Good Luck Stephanie!

A thank you to Teyjah, a local artist who delivered a workshop on 'loosening up in art making'. She encouraged us to let go of our inhibitions and free our artistic side and demonstrated some new techniques and approaches to building texture and layering. We had a good turn-out and everyone walked away with a little something to add to their tool belt. Thank you to those who participated and had the courage to try something new and join in the experience.

Happy to announce we have all contributed to and completed the 100 Painted Rocks project, Yay! We have a beautiful collection of designs, creatures, and miniature artworks, along with hidden inspirations and messages. When the smoke clears, we will be releasing the rocks and messages into the community. Stay tuned and come join the art group for this fun outing!



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.

Upcoming Good Food Box Dates

| Pay \$12.00 On or Before | Pick Up |
|---------------------------------|----------------|
| • 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)

Pick Up at the Catholic Church of St. Joseph (90 1st Street SE) between 1:00 and 5:00pm.



Bring your food box back to the clubhouse at 1:30pm on Thursday September 20th and we will have some fun:

- discussing recipe ideas
- preparing veggies and fruit for storage in the fridge and freezer
- trying out a smoothie!

Bring your own storage containers and freezer bags.

Cucumber and Blueberry Summer Salad

| | |
|-------|--|
| 4-6 | cucumbers or 1 long English cucumber – halved and cut into 1/8 th inch slices |
| 1 c | blueberries |
| 1 c | crumbled feta cheese |
| 1/2 c | chopped green onion |
| 1/4 c | finely chopped parsley |
| 3 T | olive oil |
| 2 T | white wine vinegar |
| 1 t | honey |
| | salt and pepper to taste |

Preparation

- Combine cucumbers, blueberries, feta cheese, green onions, and parsley in a bowl
- Mix oil, vinegar, honey, salt and pepper together in a bowl. Pour dressing over salad; toss to combine.

Shredded Apple and Carrot Salad

| | |
|-------|---------------------------|
| 2 T | sesame seeds |
| 2 c | shredded carrots |
| 1 | apple, cored and shredded |
| 1/2 c | chopped fresh parsley |
| 1/4 c | lemon juice |
| 2 T | apple cider vinegar |
| 1 T | white sugar (optional) |
| 1 | clove garlic |
| | salt and pepper to taste |
| 2 T | safflower oil |

Preparation

- Heat a skillet over medium heat; pour sesame seeds into the hot skillet. Cook, stirring often, until sesame seeds are lightly browned and fragrant, 3 to 5 minutes. Remove from heat.
- Mix carrots, apple, toasted sesame seeds, and parsley together in a bowl.
- Whisk lemon juice, vinegar, sugar, garlic, salt, and pepper together in a separate bowl.
- Slowly drizzle safflower oil into lemon juice mixture while continuing to whisk. Pour dressing over carrot mixture; toss to coat.

Enjoy!

A Message from Sanne

As many of you know, I will be leaving CMHA at the end of August to pursue other career aspirations. I have enjoyed working at CMHA and sharing the experience with all of you. I feel honoured that you have trusted me, shared your stories with me, and to have been a part of your mental health journey. I have learned so much from you! Your stories and your experiences has broadened my understanding and shifted my perspective to supporting and being with people. I have admired your courage, strength, and resilience towards your mental health healing. I appreciate each of you, as you have impacted my experience at CMHA and contributed to my knowledge and skills that I will carry with me, use, and build on throughout my personal and professional journey. I believe that the more we learn about others, the more we learn about ourselves. Thanks for being you!

I hope that you will continue to use your voice, to advocate for yourself, and to seek opportunities to challenge yourself and learn about yourself.

Be kind and gentle to yourself.

With appreciation and gratitude,

Sanne

Hudson Thrift Shoppe

Come on in and help us clear out the store as we prepare to welcome fall to the Hudson Thrift Shoppe. We are holding a Farewell to Summer Inventory Blow-out Sale, August 27-31st, Buy 1 Get 1 Free throughout the entire store. Saturday, September 1st, we are holding a Gigantic \$3.00 Bag Sale...Everything must go!

We are closed Monday September the 3rd for Labour Day and Tuesday September 4th for stock rotation....Re-opening Wednesday September 5th with exciting new fall products for the entire family! Come and see what fall has in store for you at the Hudson Thrift Shoppe! Please note that our regular fabulous Friday sale on September the 7th is cancelled.

Challenge Yourself by Barb

Summer is nearing an end and it is time to plan for fall and winter. What better way to challenge yourself than to take a course at Okanagan College. Hone up your computer skills, learn more about this country we live in, expand your writing skills, or delve into science or math. Did you know that all these courses are free? Sign up for any upgrading course and be part of the campus activities for free or at low cost. College is a vibrant experience – an opportunity to meet new people and step outside our comfort zone. You are never too old to participate. It's not too late, the college has ongoing registration. Call 250-832-2126 for more info.

"Tales of My Little Town" by Christina

On August 16, several Clubhouse members travelled back in time with the Haney Heritage Village's matinee production of "Tales of My Little Town". Set in the early 1900s, this musical followed the history of Salmon Arm, from its swampy, bug-infested beginnings to the First World War. The cast of four, doing double- and sometimes triple-duty as a multitude of characters, convincingly portrayed the lives of settlers in this frontier town. The action produced laughter and the script introduced many details about early Salmon Arm, from its homesteaders to the arrival of the car and the struggle for the women's vote. The singing and piano accompaniments, also, were excellent.

Before the performance, the audience was treated to a delicious meal of roast pork with all the trimmings, and afterwards, to Haney Village's famous rhubarb crisp. Altogether, it was a memorable, entertaining afternoon, and well worth the trip.

Spiders Web by Lorina

Spiders web
With mornings dew
Strung out like
Pearls of sunlight
Round and round
She spins her web
And washes up
For breakfast

Peer Support

Movie Date– As you already know, Sara is one of the coordinators for the Peer Support program. Sara is also a peer mentor. Sara and her peer often meet in Clubhouse and spend their time together by playing cards or board games. This summer, Sara and her peer decided to do something different, and so, they went to the movies. They had so much fun and found it such a great experience that they've decided to do it again sometime in the future.

Do you wish that you had a buddy with whom you could do stuff with, like go to the movies? Clubhouse has peer mentors who are here for you. Talk to Sara and she'll tell you how you can get involved in the program. Also, did you know that you can get a movie ticket from Clubhouse for \$5?

Opportunities

It is that time of the year again. All of the cleaning contracts for our CMHA Hudson Building are coming up for tender. The contracts start the first week of October, 2018 and run to the end of March, 2019. The honourarium attached to each varies with the amount of time designated to the tasks involved. Details for each position can be found in Clubhouse.

- Administration, 1 hour.
- Activity Room and Elevator Lobby Floors, 1 ½ hours.
- Clubhouse Bathrooms, ½ hour.
- Clubhouse and Lobby Floors, 1 ½ hours.
- Main and IH Lobbies, 2 hours.
- Recycling for Thrift Shoppe and Clubhouse, 1 hour.
- Thrift Shoppe, 2 hours.

If you are interested, please bring a Letter of Intent to Beckie by Wednesday September 19, 2018. Make sure you state the position you are interested in.

Check the Calendar of Events

Art 101. Live Music / Artist Studio. Live music will be set up on Thursday afternoons in the open lounge area by the kitchen. Feel free to join in, bring your instrument, sing along, dance or come out and enjoy the music. Open Art Studio will be happening at the same time over in the Activity Room. Artists are invited to come work on their artworks or start a new project. Nanika will be happy to assist in getting you started.

Art Quest – Driftwood Mobiles. Start up the fall with some art time just for you! On Mondays we will be finishing off our driftwood mobiles and starting weaving. We are happy to have the help of Stewart to make the frames for us to create our own woven art pieces. There will be workshops to learn weaving on Wednesdays. Check with Lonnie at the Clubhouse for more details.

Birthday Celebrations. September birthday celebrations take place on Friday the 28th. If your birthday falls for September you get a free piece of birthday cake, otherwise it's \$0.75.

Community Teaching Garden continues on Thursday mornings. Come enjoy the harvest! Meet at Clubhouse at 10 am to get a ride.

Connections. Join us for a free dinner on Wednesday, September 19th. Our peer coordinators Sara & Lori will lead you through fun activities and games after dinner. Rides home available.

Drop-In. September will have two drop-in nights: 11th & 25th. Clubhouse is open 4:00 - 7:30pm on these nights. Rides home available.

Food Skills. Coming this fall after Thanksgiving...sign up for some fun in the kitchen with Robyn and Lonnie. Learn how to make nutritious and delicious meals on a budget, try some new recipes, eat some amazing dishes and socialize with us. This course welcomes cooks from all skills levels. Limited space so sign-up early!

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! September's recipes are included in this newsletter!

Healthy Communications. This workshop, scheduled for Mondays September 17th – October 1st from 10:30am – 12:00pm, will help you better your communication skills and assist with problem analysis and solutions. Check out the workshop article for additional information.

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

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.

Nature Walks. We have two Wednesday afternoon outings scheduled for you in September: 12th & 26th. Locations are pending on weather. Check the Clubhouse bulletin board to sign-up!

Participant Funding Meeting. The next participant funding meeting is scheduled for 12:45pm Wednesday September 26th. 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 September 19th. For more information talk to Angela or Carol.

Stretching. Get your Thursday started with some gentle stretching and mindfulness at 9:30am.

Swim or Gym. Stay tuned for new swim and gym times.

Weaving. Interested in learning how to weave? Join us Wednesday September 12th, 19th and 26th 1:30pm – 3:00pm. If you have yarn at home that you would like to incorporate in to a weaving, be sure to bring it. Watch the bulletin board for more information and the sign-up sheet.

Women's Group. The next meeting will be held on Wednesday September 5th – 1:00pm (*note the new starting time*) at Clubhouse. All women are welcome!

Woodshop. There will be only one woodshop in September (on the 10th) as Stewart will be running the Healthy Communications-workshop on Monday mornings. (See about the Healthy Communications-workshop elsewhere in this paper). Woodshop will resume after Thanksgiving.

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

HUDSON'S THRIFT SHOPPE

"WHAT AM I"?



Enter your September 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.

Congratulations to Angela Crumly! You are the winner of August's "What Am I". The correct answer was an **irrigation timer control**. Thank you to everyone that took a guess.....we had 8 correct guesses! That's the most ever!



**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



**NEXT
WOMEN'S GROUP
MEETING
Wednesday, September 5th
1:00pm – Activity Room**



**Love the
Outdoors**

**Sign Up Required
Watch the Bulletin
Board**

September Nature Walks

Are you up for a nature walk? Join us on Wednesday September 12th and 26th – leaving Clubhouse at 1:30pm.

Locations for both days to be announced.



The Newsletter needs contributors and content for the monthly Clubhouse Newsletter. Ideas:

- Achievements – share a personal success / triumph
- Testimonials – tell us about something new you tried and your experience (an activity or program at the Clubhouse, participant funding experience, a community program or event that you would recommend others attend, etc.)
- Short stories, poems, cartoons that are personally written
- Inspirational Quotes (be sure to include author's name and / or source).

For more information, see Carol in Participant Services.



Weaving Workshop

Wednesday
September 12, 19
and 26

1:30 – 3:00pm

Watch the Bulletin
Board for More
Information

Sign Up Required

SEPTEMBER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT / SUN |
|--|---|--|--|--|--------------|
| 3 | 4 | 5 | 6 | 7 | 8/9 |
| | Thrift Shoppe Closed Coffee Talk - 9:00am | Thrift Shoppe Re-Opens Coffee Talk - 9:00am | Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Peer Support Mentors Meeting 10:30 am | Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room | |
| CMHA CLOSED ALL DAY LABOUR DAY | Porcupine Meatballs & Salad - 12:00pm Clubhouse Closes 1:00pm | Borscht Soup and Bun - 12:00pm Women's' Group - 1:00 - 3:00pm | Lasagna & Garlic Bread - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio | Soya Chicken & Wild Rice - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm | |
| 10 | 11 | 12 | 13 | 14 | 15/16 |
| Wellness BINGO - 9:15am Woodshop - 10:30am - 12:00pm Green Curry Soup & Bun - 12:00pm Art Quest - 1:30pm World Suicide Prevention Day Lantern Walk 7:30pm - 9:00pm McGuire Lake | Coffee Talk - 9:00am Greek Salad & Chicken Fingers - 12:00pm Clubhouse Closes 1:00pm Drop-In - 4:00pm Rides Home Available | Coffee Talk - 9:00am Pork Casserole - 12:00pm Nature Walk - 1:30pm <i>Sign Up Required</i> Weaving - 1:30 - 3:00pm <i>Sign Up Required</i> | Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Shepard's Pie - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio | Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Pizza - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe | |
| 17 | 18 | 19 | 20 | 21 | 22/23 |
| Walk - 9:15am Healthy Communication - 10:30am - 12:00pm <i>Sign Up Required</i> Chicken Enchilada - 12:00pm Art Quest - 1:30pm | CMHA CLOSED ALL DAY No Drop-In | Cleaning Contract Applications Close Participant Funding Applications Due Coffee Talk - 9:00am Chef Salad - 12:00pm Weaving - 1:30 - 3:00pm <i>Sign Up Required</i> Connections - 5:00pm Rides Home Available | Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Beef, Broccoli and Ginger Stir Fry - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio | Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Good Food Box - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm | |
| 24 | 25 | 26 | 27 | 28 | 29/30 |
| Walk - 9:15am Healthy Communication - 10:30am - 12:00pm <i>Sign Up Required</i> BLT & Salad - 12:00pm Art Quest - 1:30pm | Coffee Talk - 9:00am - African Nut Stew - 12:00pm Clubhouse Closes 1:00pm Drop-In - 4:00pm Rides Home Available | Coffee Talk - 9:00am Chicken Manicotti - 12:00pm Participant Funding Meeting - 12:45pm Nature Walk - 1:30pm <i>Sign Up Required</i> Weaving - 1:30 - 3:00pm <i>Sign Up Required</i> | Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Glory Bowl - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio | TVP Timesheets Due (Friday / Saturday) Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room BBQ & Birthday Cake - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Bag Sale at the Thrift Shoppe | |
| October 1 | 2 | 3 | 4 | 5 | 6/7 |
| Wellness Bingo - 9:15am Healthy Communication - 10:30am - 12:00pm <i>Sign Up Required</i> Lunch - 12:00pm Art Quest - 1:30pm Driftwood Mobiles | Coffee Talk - 9:00am - Lunch - 12:00pm Clubhouse Closes 1:00pm | Coffee Talk - 9:00am Lunch - 12:00pm | Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Lunch - 12:00pm Art 101 - Artist Studio - 1:30pm Live Music - 1:30pm | Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Lunch - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm | |
| 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 | | | | | |

The Newsletter is also posted online at shuswap-revelstoke.cmha.bc.ca

Clubhouse Hours

Monday, Wednesday, Thursday 8:30am – 4:30pm
Tuesday 8:30am – 1:00pm and *Drop-In Nights* 4:00pm – 7:30pm
Friday 8:30am – 3:00pm