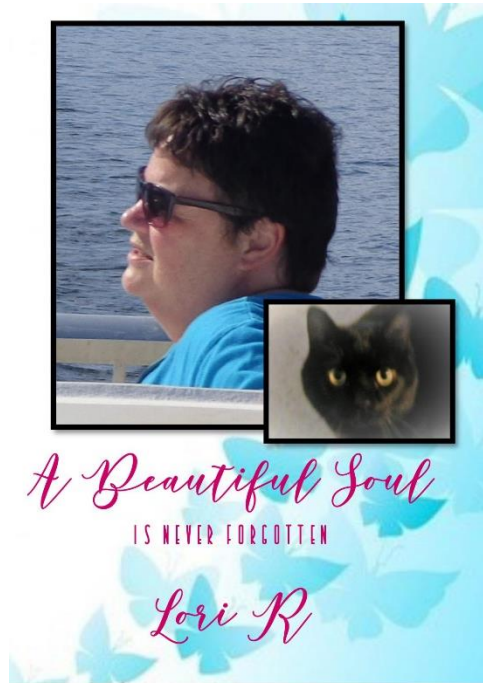


CLUBHOUSE NEWSLETTER

Calendar Inside

Remembering Lori



Raspy voice, loud laughter, love for cats...These are just a few things that signified Lori.

Lori was an integral part of CMHA since joining us over 10 years ago. She was involved in various programs in Clubhouse and enjoyed helping others. Prior to moving to Salmon Arm, Lori had lived and worked in Vancouver and, once here, she put her administrative experience to a good use. She shared her skills and knowledge with the Newsletter committee, as well as by helping participants to learn computer skills. About 8 years ago, Lori took the Peer Support training course and upon finishing it, she joined the program as a Peer Mentor. You may recall her article in last month's Newsletter about her experiences as a Mentor, and the value of the program in general. While volunteering her time as a Mentor, Lori also got involved with the Participant Funding program, which, at that time, was known as CFO (Consumer Funding Office). After about three years with the Funding program, a volunteer coordinator position opened up in the Peer Support program, which Lori pursued, successfully.

Lori also gave of her time elsewhere in the community as she volunteered with the Second Harvest-food program for a number of years.

Lori's dedication to volunteering speaks a lot of her character. Though life presented many challenges for her, from financial struggles to mental and physical health, Lori had a winning attitude and her heart was open for giving to others. She gave of her time and supported others around her who were experiencing tough times. Lori also gave in other ways, like giving tasters of her curry and banana loaves, or providing cat food for kitties who were in need.

Lori's story exemplifies her living a hopeful and contributing life. She didn't let her life circumstances get her down. She found her path. She created goals for herself and knew what she needed to do for her recovery to be satisfying and successful. She found comfort in her spiritual life and community connections. She took courses that she found helpful, like the Bounce Back-program, through which she gained insight and confidence in her journey.

While we miss Lori, her enthusiasm, hearty laughter and bigheartedness, we are grateful for having had her in our lives. She has taught us a lesson in generosity: You don't have to have a lot in order to give. You can give by giving time, you can give with your heart. Thank you Lori. We will continue sharing memories and honouring your spirit.



Tributes to Lori R (unedited)

A gentle soul whose light has gone too soon.

A great sense of humour, a sensitive and caring sweet woman.

Lori you will always be in my heart and mind. I will forever miss you.

Lori I will never forget your laughter, your smile and mostly your friendship.

I will miss your smile, laughter and existence. Lori, we both experience adverse childhood experience; however, we learned to have choices here.

February 14, 2019 Valentine's Day. I will surely miss Lori, she was a good friend. I met her at the clubhouse on connection days; and waiting for the bus to go to work.

Lori my friend.

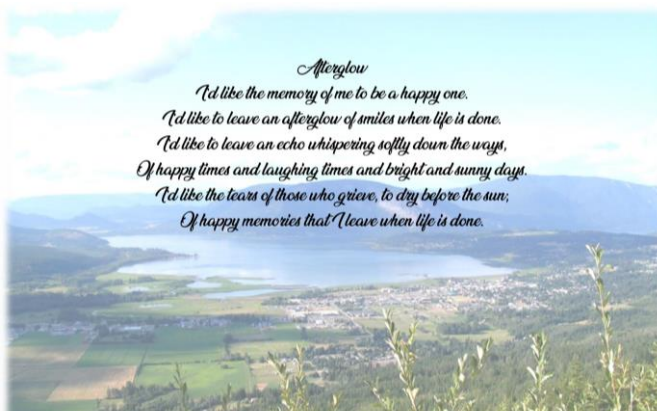


Lori had a great smile. She will be missed.

My friend lived at Mountain View. She had dementia. Every time we were outside Lori let her cat Taz on to the balcony.

Lori – you were always such a joy to run into. We so appreciated your contribution to Second Harvest!

Lori 😊



Lori's Memory Book is in the Clubhouse for those who would like to add a tribute.

We will miss you. You're at a better place. Now you're free.

We will miss your smile! Rest in Peace my friend.

You gave without being asked. Will miss you.

Dear Sweet Lori, One of my deepest regrets was not getting to know you better. I will miss seeing you with your cat and your fancy fans. Your smile and laugh along with your cheery disposition will be so missed.

I'll always remember you Lori.

I will miss your laugh Lori.

CMHA, So sorry to hear the sad news. My condolences to the family. Oh dear. Sure is going to be missed. Just like family.

We will miss Lori at 2nd Harvest, her infectious laugh, and most noticeable her sincere kindness to everyone. She was truly a light in all our lives.

I will remember you always.

Warm heart. A good friend.

Lori: We remember you with warm thoughts and love. Thankful that you came into our lives, we were blessed to have known you.

Lori was always upbeat and positive when I saw her. I first met her at Alpha at church. She asked lots of questions and kept us laughing but she was also able to talk about her struggles. She left that course with a peace in her heart that God had given her. When I met her after she was still happy and peaceful. She also worked as a peer helping people with my neighbour who really appreciated her too.

Lori would always make me smile and ask about my son. She was a good friend.

Will miss you dearly Lori, and will remember our laughs together. Taz will be loved and looked after.

My dearest friend Lori, Your friendship and enthusiasm meant so much to me. I will forever hear your unique voice in my head. Thanks for the laughs and the love, Your Friend.

My memory of Lori is she took the time to chat with people, and it didn't matter who it was, like family at the clubhouse, or at any strangers she met.

Lori was always friendly and helpful to anyone who crossed paths with her. I will always remember her laugh and passion for clubhouse and peer support. She had deep love and respect for everyone and all animals. Lori's presence will be missed, but all of her love and contributions live on.

Lori was a very vibrant and had a great love for life. I will miss her dearly.

I will carry Lori's laugh and sense of humour with me. She taught me a lot about friendship, kinship and was very open to sharing her struggles to help others. I will cherish the book she gave me about healing.

Laurie Ann Rathwell- my cousin- my friend. You and I go back, way back in years. I remember the first time I met you. A bright, bouncy-good looking child who resembled both Mother Kitty and Father Gordon. You had no fear. Life presented challenges to you while growing up, no fear. Like a flower in the wind off you went to BC to find a more satisfying life. Oh boy big challenges faced you head on.

With help and guidance, caring, nurturing friendships, and yes of your choice! Acceptance to a more satisfying life became a reality.

Friends/relatives – can it be possible that they can be one and the same? I say yes, our time in years and many miles apart left no stumbling blocks down our road.

We will talk again, Bye for now

Lori's Newsletter Submission One Year Ago

So this month I am writing about who I am. I was born in Winnipeg and lived there till I was 20. Then I got brave and moved to Vancouver. Very exciting, found a job, and lived downtown Vancouver for about 3 years. Found it hard so I moved back to Wpg. I moved back to Vancouver 3 times. I really like living in B.C. so I tried again, and again. I ended up having a job for 14 years but was laid-off. So I decided to move to Salmon Arm to be in a quieter place. I fell in love with Salmon Arm on my vacations. So a friend offered to rent me a house in Tappen. I learned a lot living there as the Well didn't work during power outages. So I took the advice of my friend to always have peanut butter and bread in times of no power.

So I have lived in Salmon Arm now for, would you believe 17 years and as you can imagine time flies when you're having fun. So I discovered CMHA when I was having Mental Health issues. I worked with Ken on the Computers. On Fridays I would come in and help people learn things. Then I took the course Peer Mentoring and have been doing this for about 7 years. I then applied for Consumer Funding (Participants Services) and was in that volunteer position for about 3 years. I then applied for the position of Peer Support Coordinator and have been doing this for about 9 months.

I have found that being part of CMHA is a great place to hang out. It's a safe place to talk, create and just have fun. I am grateful to be part of CMHA and all they do for us.

*Lori – Clubhouse Peer Support
Coordinator/Peer Mentor*

Scales, Martha Anne



**February 4, 1940 – February 5, 2019
at the age of 79 years.**

Martha was born in Winnipeg and completed nursing school at Misericordia Hospital. She left nursing to raise her three children, and share her gifts of volunteerism in Saskatoon, Calgary and North Vancouver. Later she worked for the North Vancouver Women's Shelter and North Shore Home Support. Martha retired from the Sunshine Coast Home Support Society as ED during which time she and Bob built and operated a B&B in Halfmoon Bay. They also facilitated hospice and organizational workshops there.

They moved to Salmon Arm where Martha chaired the board at CMHA, spearheading the first Mental Health housing facility in Salmon Arm. She chaired the board at First United during which time they completed the affirming process welcoming LGBTQ people. She also worked tirelessly using her gifts of leadership and compassion to improve the lives of Indigenous peoples, the homeless and new immigrants. Martha enjoyed connecting to the natural world, gardening and being with her dogs. She walked gently on the earth.

Above all, Martha valued her family and friends. She was a devoted mother and partner. Her years of being a grandma were the most joyful for her. Martha had the gift of love and connection through her gentle touch, quiet moments, and generous spirit.

Making a Will is not Just for Senior Citizens

A will is a legal document that says what you want done with everything you own (your assets) when you die. Assets are: property (land, house, condo), money (bank accounts, investments, RRSPs/RRIFs, TFSA's), personal belongings (household goods, vehicles, valuables).

When you die, your assets make up what is called your estate. The people you give your estate to are called your beneficiaries. You can make a simple will using a program like guided pathway (see link below). If you have a more complicated situation, or can afford legal assistance, getting help from a lawyer or a notary is a good idea.

This pathway will take about 25 minutes to complete. Your answers are anonymous. Take the time to think about your decisions carefully before you fill in and sign the will form you'll receive at the end. The link to the website is: <https://mylawbc.com/pathways/index.php?rpath=Rd0IrWZ%2FMIwz8L8ifti4tQ%3D%3D>

Common Responses and Unexpected Effects of Grief

Grief is experienced in a variety of ways, including physical symptoms, thoughts, feelings and behaviours. These are normal responses to loss. One person may not experience all of the symptoms listed below and the intensity and duration varies from person to person. If symptoms last for a very long time, or are unusually intense, professional help should be sought.

Feelings

Sadness	Anger	Guilt
Loneliness	Irritability	Fear
Fatigue	Relief	Shock
Yearning	Numbness	Apathy
Indifference	Resentment	Vulnerability
Anxiety		

Thoughts

- Disbelief
- Confusion
- Preoccupied about the deceased
- Hallucinations
- Doubt own sanity
- Sense of unreality
- Inability to concentrate
- Lowered self-esteem
- Slowed thinking
- Absent minded – forgetful
- Reliving the death, funeral, etc.
- Awareness of own mortality
- Idealize deceased
- Worry
- Unrealistic

Physical Symptoms

- Hair can thin or go grey
- Tightness in chest, heart palpitations
- Irregular heartbeat
- Dizziness disturbances
- Constant burning inside your chest
- Weakness in muscles
- Dry mouth
- Lack of energy
- Breathlessness
- Sighing
- Nausea
- Inability to sleep or sleeping more than usual
- Constipation or diarrhea
- Weight gain or loss
- Susceptible to illness and colds
- Itchy skin
- General feeling of fatigue
- Numbness or detachment
- Headaches
- General aches and pains
- Sexual disturbances

Behaviours

- Waking early / sleeping late
- Over / under eating
- Withdrawing from others
- Dreaming about the deceased
- Nightmares
- Overactive / underactive
- Avoiding reminders about the deceased
- Treasuring objects of the deceased
- Inability to make decisions
- Restlessness
- Crying (sometimes for long periods of time)
- Lack of interest in usual activities

Spiritual Issues

- Blaming God or life
- Lack of meaning or direction in life
- Wanting to die / join the deceased

Things That Can Help with Grief

- Hydrate well – tears and coffee dehydrate us!
- Get adequate sleep – grieving can be exhausting
- Schedule some regular exercise – any physical activity is good
- Humour is mankind's greatest blessing (Mark Twain)

How Do We Help Others Who Are Grieving?

The most important thing we can do to be helpful to people who are grieving is to accept the person for who they are and where they are at.

- Listen to people tell their stories, often over and over again. People want understanding, not pity. They want their wounds or hurts to be recognized.
- People don't want to be judged or told what they should do.
- As helpers and supporters, we need to recognize the fact that we can't take away their pain.
- We can help them by caring, understanding and supporting them, not only in the first few days or weeks, but through the many months and years following the loss.

“Grief is like the ocean, it comes in waves,
ebbing and flowing.
Sometimes the water is calm,
and sometimes it is overwhelming.
All we can do is learn to swim.”

Vicki Harrison





Social Rec

- Cribbage continues on Wednesday, March 6 and 20th with the CMHA Cribbage tournament to be held on March 27th at 1:30 – 3:00pm ... There will be prizes (and bragging rights of course)!
- Walking on Wednesdays, March 6, 20, and 27th
- Who's that Baby contest? Please bring in a photo of yourself as a baby or young child before March 19th and it will be included in our "Who's that Baby?" contest. See how many of your fellow participants and staff you can recognize! Again ... there will be prizes!
- ***Please note: Clubhouse will be open in the Activity Room 8:30am – 12 noon on Mar 13.***
- Connections is on March 13th. Come join us for a fabulous meal and fun with great people. Drop-in:
 1. March 5th-Silver Star's Tube Town!!! There is still room for you to sign up! It is sure to be a fun time. Cost is \$10.00. Transportation provided. Sign up required.
 2. March 19th – Clubhouse Activity
 3. March 26th- Community activity – To be announced

From the Kitchen



The Great CMHA Chef Team Building Event continues throughout March. Teams get their recipes (new recipes) on their cooking days. Each team consists of two participants and a staff member. Sign up for lunch, cheer on the cooking teams and give us your opinion on how great their meals are!



Starting March 1, 2019....Sale days: 2 for 1 Tuesdays are back. The last week of every month we'll be having 50% off for the whole week. Watch for Super Saturday Pop-Up Sales. "Pop" into see what's on sale.



Crafts are on Fridays from 1:00 – 3:00pm. Anyone can use the craft room on any day.

Computers



Did you know that we have computers available for you to use? Come check it out.

World Café – Postponed until further notice. Stay tuned!

Healthy Communication

Stewart is once again offering this wonderful workshop that helps us to become better communicators. Among other things, you will learn skills that will make you more effective in dealing with difficult people and conflict situations.

The workshop will run for three sessions on Mondays 10:30-noon, March 11, 18 & 25. Sign-up in Clubhouse.

PS. If you took this workshop in the fall, you can still sign-up. Stewart has a knack of making the old new again.



Music Jam

The music jam on Thursday afternoons is growing in numbers. Thanks to all the new people joining in. This is a great opportunity for anyone looking to enjoy some music time, sing along, bring your instruments and join in the jam session. We are happy to receive newcomers and new songs to learn to play together.

Art Studio

Art Studio will be happening in the Activity Room. Participants are invited to come work on their artworks or start a new project. Nanika will be happy to assist getting you started and set up with available supplies. In the common area there will be an opportunity to get together with your instruments and play some music together, work on songs and/or sing along. We have an electric piano set up, music stands for your music and resources to print out music sheets if there is a particular song you would like to learn or sing along to.

Thank you to those who have submitted art pieces for the pool table cover. We are off to a good start with a variety of pieces from embroidery to felt and batik. If you are interested in contributing your artwork to be included in the pool table cover, Nanika will be happy to assist you and provide materials to do so.

A long awaited art show will be going up in March. This is the Art Exchange for Peace from last spring that we took part in. Come check it out. We have art that arrived from around the world!

Art Quest

This month the art group will be exploring mixed mediums and collage. Come join on Monday afternoons for instruction to get you started on your own personalised art piece. There will also be a one day workshop on creating **dream catchers**. We will also be resuming with the pool table cover project. Come see Nanika to get involved.

MARCH'S WHAT IS IT?



Enter your March guess along with your name and contact information into the "What Am I Box" in the Clubhouse to win a small prize. February's "What is It" was the parts of a white-out corrector tape. 5 guesses were received with 4 correct answers! The lucky winner was Sherri D. Thanks for playing!

CLEANING CONTRACTS CMHA HUDSON BUILDING

These are all 6 month contracts starting April 1, 2019 and ending Sept. 28, 2019. All are to be done weekly and some need to be done during certain hours.

- **Clubhouse bathrooms**, Tuesday, Wednesday or Friday, 1/2 hour
- **Activity room floor and Elevator Lobby**, Tuesday morning, 1 1/2 hour
- **Main and IH Lobbies**, Tuesday morning, 2 hours
- **Thrift Shoppe**, Wednesday, 8:30 – 10:30 am, 2 hours
- **Administration Cleaning**, Tuesday morning, 1 hour
- **Recycling for Clubhouse and Store, Sweep and wash back stairs**, Friday morning, 1 hour
- **Clubhouse floor and Club Lobby**, Friday, 1 pm, 1 1/2 hour

Details of each position can be viewed in the Blue Binder on Beckie's desk.

If you are looking for an opportunity to earn a little extra pocket money and have some experience to put on your resume, write a letter of intent for any of the above 6 month contracts. *Please state in your letter which position(s) you are interested in* and put on Beckie's desk **before Friday, March 22, 2019**. If you have any questions talk to Beckie or Paivi.

MARK YOUR CALENDAR UPCOMING DATES FOR RAINBOW CAFE



The GreenSpace in the
First United Church
450 Okanagan Ave SE
Salmon Arm

Tuesdays at 6pm
January 15 and 29, February 5 and 19, March 5 and 19



Looking for Crocheters, Knitters, Quilters & Wanna Be's

We are still looking for more squares for our quilts ... see Lonnie for more information!

If you want to learn to crochet, knit or quilt – check the poster to see who may be available to help you out.

Come out and make your squares in the clubhouse anytime!



Participant Funding

Have You Used Up
Your Funding
Allowance of \$200?

Our fiscal year is coming to an end March 31st!
Submit your application before March 20th!
Attend the meeting on Wednesday March 27th.

Computers, First Aid, Education, Swimming, Aqua Fit, Swimming, Language Classes, Yoga, Gym Passes, Aerobics, Boxing, Golf, Tai Chi, Fitness Classes, First Aid, Radio Skills Course, Cross Country Skiing, Curves, Karate, Singing Lessons, Music Instrument Lessons, Hospice Volunteer Training, Photography, Drawing Classes, Toastmasters, Weaving Lessons, Stain Glass Workshops, Painting Classes ... and so much more!
Have an idea, not sure if it qualifies – talk to Angela or Carol in the Participant Services office!

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
February 25	26 Thrift Shoppe Closed for Changeover Coffee Talk - 9:00am Snow Day at Larch Hills Clubhouse Closes 10:30am Chili at Larch Hills No Drop-In	27 Coffee Talk - 9:00am Chicken Fingers - 12 noon Walking - 1:30 - 2:30pm	28 Stretching - 9:30am Meatloaf - 12 noon Art 101 - 1:30pm	March 1 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Team 3 - 12 noon Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	2/3 Saturday Woodshop - 10:00am - 12:00pm
4 Wellness Bingo - 9:30am Woodshop - 10:30am - 12:00pm Sloppy Joes - 12 noon Art Quest - 1:30pm	5 2-for-1 Thrift Shoppe Coffee Talk - 9:00am Delectable Delights - 12 noon Clubhouse Closes 1:00pm Silver Star - Tube Town Tubing, Skating Leave Clubhouse at 2:00pm - Sign Up Required	6 Coffee Talk - 9:00am Cribbage - 10:15 - 11:15am Lazy Cabbage Rolls - 12 noon Walking - 1:30 - 2:30pm	7 Stretching - 9:30am Team 6 - 12 noon Art 101 - 1:30pm	8 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Greek Salad & Chicken Souvlaki - 12 noon Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	9/10 Super Saturday Pop Up Sale Thrift Shoppe Saturday Woodshop - 10:00am - 12:00pm Daylight Savings Time Begins Sunday at 2:00am
11 Healthy Communication Workshop - 10:30am - 12:00pm Tuna Casserole - 12 noon Art Quest - 1:30pm - Dream Catcher Workshop	12 2-for-1 Thrift Shoppe Coffee Talk - 9:00am Egg Salad Sandwich and Bean Salad - 12 noon Clubhouse Closes 1:00pm No Drop-In	13 Pie Week Surprise Clubhouse Open in Activity Room 8:30am - 12 noon Coffee Talk - 9:00am Chicken Pot Pie & Cole Slaw - 12 noon Connections - 5:00pm Rides Home Available	14 Stretching - 9:30am Budgeting Basics with Jonathan - 9:30 - 10:30 am Team 10 - 12 noon Art 101 - 1:30pm	15 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Culinary Kings - 12 noon Walk - 12:30 - 3pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	16/17 Super Saturday Pop Up Sale Thrift Shoppe Saturday Woodshop - 10:00am - 12:00pm Sunday St Patrick's Day
18 Healthy Communication Workshop - 10:30am - Veggie Soup and a Bun - 12 noon Art Quest - 1:30pm	19 2-for-1 Thrift Shoppe Coffee Talk - 9:00am Team 2 - 12 noon Clubhouse Closes 1:00pm Drop In - Clubhouse Activity - 4:00pm - 7:30pm - Rides Home Available	20 Participant Funding Applications Due Cribbage - 10:15 - 11:15am Pizza - 12 noon Walking - 1:30 - 2:30pm	21 Who's That Baby Contest Stretching - 9:30am Team 1 - 12 noon Art 101 - 1:30pm	22 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Threes Company - 12 noon Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	23/24 Super Saturday Pop Up Sale Thrift Shoppe Saturday Woodshop - 10:00am - 12:00pm
25 Healthy Communication Workshop - 10:30am - 12:00pm BLT - 12 noon Art Quest - 1:30pm	26 Coffee Talk - 9:00am Manicotti - 12 noon Clubhouse Closes 1:00pm Drop In - Community Activity - 4:00pm - 7:30pm - Rides Home Available	27 Coffee Talk - 9:00am Beef Stew and Baking Powder Biscuits - 12 noon Participant Funding Meeting - 12:30pm Walking - 1:30 - 2:30pm Cribbage Tournament - 1:30 - 3:00pm	28 Stretching - 9:30am Hamburger Soup and Bun - 12 noon Art 101 - 1:30pm	29 TVP Timesheets Due (Fri / Sat) Good News Fridays - 9:00am Journaling - 10:30 - 11:00am BBQ and Birthday Cake - 12 noon Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	30/31 Super Saturday Pop Up Sale Thrift Shoppe Saturday Woodshop - 10:00am - 12:00pm

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

Lunch Menu Subject to Change Due to the
First Annual Great CMHA Team Building Cook Off
 Interested Participants and Staff have volunteered to cook lunch
 10 Teams of 2 participants and 1 staff member will be given a new recipe and ingredients to cook and show off their collective skills
 Come Out And Support The Teams On Their Cooking Days

Budget Basics With Jonathan – If you use money and find that it disappears on you or you have some goals or debt that you need to pay for, consider joining Jonathan for budget group March 14th at 9:30am. Jonathan will teach some basic skills on budgeting and then help you build a budget of your own. Take control of your money and make it work for you. It doesn't hurt but a little math is required so bring a calculator if you have one. See you



Join Jonathan Saturday mornings for Woodworking between 10:00am and 12 noon. Enter through the parking lot door near the garbage bins.

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
Helen Keller

AT A GLANCE



SILVER STAR TUBE TOWN & SKATING



Tuesday March 5
Leave Clubhouse at 2:00pm
Sign Up Required

JOURNALING

Fridays
10:30 – 11:00am

SPRING FORWARD



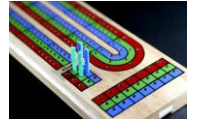
Sunday March 10
2:00am

WELLNESS



Monday 4
9:30am

CRIBBAGE



Monday – Feb 25
9:30am
Wed – March 6 & 20
10:15 – 11:15am
CRIB TOURNAMENT
Wednesday – Mar 27
1:30 – 3:00pm

CONNECTIONS



Wednesday Mar 13
5:00pm
Join Us for a Free Dinner & Games

HEALTHY COMMUNICATION WORKSHOP

Mondays
March 11, 18, 25
10:30am – 12:00pm

DREAM CATCHER WORKSHOP

Monday
March 11
1:30pm

BUDGETING BASICS WITH JONATHAN

Thursday
March 14
9:30 – 10:30am

WALKING

Friday March 15
12:30 – 3:00pm

PARTICIPANT FUNDING

Have You Utilized Your \$200 Allocation?

Applications Due
Wednesday Mar 20
Meeting
Wednesday Mar 27
12:45pm

CLUBHOUSE WORLD CAFE

Postponed to a Later Date – Stay Tuned!