

# Clubhouse Newsletter

## Summer in the Shuswap

What summer is to me is the sunshine, flowers, birds singing, and of course, days at the beach. Then there are all the things going on in our community, like the outdoor music. Wednesdays-on-the-Wharf, or the WOW, is a fun venue to go to and listen to local and visiting musicians. The stage at the Ross Street Plaza is also a home to many musical acts. Why not check out some of these free events? The lunch-hour stage is open on Fridays and they also have live music on Thursday and Saturday evenings. Did you know that the downtown has "Thursdays on the Town" which means that the stores are open with late night shopping? August of course brings the Roots & Blues festival, which gets our town grooving with world-class artists. All these events are great for one of my favourite summer things – sitting back, listening to some tunes and people-watching.

Something important to remember while taking in on all the summer fun, is water. Drink lots of it and stay hydrated. Did you know that one of the biggest reasons for hospitalizations during summer is dehydration?



## Newsletter



### ***Calling on Clubhouse participants ... we need you!***

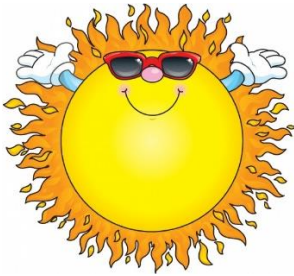
The Newsletter needs contributors and content for the monthly Clubhouse Newsletter. Ideas:

- Achievements – share a personal success / triumphs
- Testimonials –tell us 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 to others attend, etc.)
- Short stories, poems, cartoon that are personally written
- Inspirational Quotes (be sure to include author's name).

At the moment, staff members and a few participants contribute the majority of the newsletter content. It is the goal to include more "participant contributions"!

Have an idea or two for the Clubhouse Newsletter? Interested in helping participants write their stories? Would you like to interview participants, staff, board members for an article – come talk to Carol in Participant Services or whenever Carol is in the Clubhouse.





Summer Yard Art  
*continues*  
 Wednesdays  
 August 8, 15, 22  
 1:30pm

The Summer Yard Art has produced some wonderful creations. The creations will be displayed in the Thrift Shoppe Window soon.

It is not too late to bring your ideas, supplies, enthusiasm and lets have some fun creating our yard and patio art!

**Reduce ... Recycle ... Reuse  
 UPCYCLE**



**KITCHEN HELPER**

Help prepare lunch, serve and clean-up!  
 9:30am – 1:00pm

This is a great opportunity to enhance your cooking skills and get some pre-employment training. This is a volunteer position, but you get to eat the lunch you helped prepare for free! See Lonnie for more information.

**Participant Funding**

Did you know that you can apply for participant funding? As a clubhouse member you are eligible to receive up to \$200 per fiscal year (April to March) to help with your mental and physical health. In the past year we have had over 40 participants receive funding for various programs, classes and organizations. Here are several activities that have been approved: Tai Chi, Fitness, Swimming (aquafit and gym passes), yoga, golf, first aid, creative metal art, quick books, educational upgrading, Karate, Boxing, Shuswap Hospice Volunteer Training, serving it right, food safe and toastmasters.

If any of these options (or other ideas not mentioned) appeal to you contact Angela or Carol at the Participant Services Office down in the clubhouse.



*Please take your  
 creations home*

**Storing Art, Crafts, Woodwork, Etc.**

Clubhouse is a home to numerous creative programs and activities, and subsequently, we have a lot of tools and resource materials. At times we also end up with a lot of various things that enthusiastic program participants make. As we have limited storage space, we ask that you take your personal art, crafts, woodwork etc. home. If you are a participant in these creative programs, please come by and check if you have anything in Clubhouse. **We are 'cleaning house' and hope to have all personal stuff gone by Aug 15.** For any questions, talk to your program staff.

**Thursday Afternoon Music**

Live afternoon music happens Thursday afternoons at 1:30pm in the Clubhouse. You are invited to come listen, sing-a-long, bring your instrument and / or bring your own songs ... all musical skill levels welcome.

**Art Corner**

In August we will be having a visiting artist come and share her love for creating art and the creative process. Teyjah, a local artist from Salmon Arm, will be sharing her skills and helping you to loosen up in creating art and having fun doing it! Teyjah will be here on Thursday, August 9<sup>th</sup> from 1:00 – 3:00pm.

Thursday afternoons we will also continue with Live Music and Open Art Studio. The Live Music will now be in the open lounge area by the kitchen, while the Art Making will continue in the Activity Room.

On Monday afternoons we will be making Driftwood Mobiles. Materials will be provided, but you are welcome to bring your own materials too to create from. Driftwood Mobiles continue all month, with the exception of August 27<sup>th</sup> when there will be a workshop. Look for posters or ask Nanika for more details.



## Check the Calendar of Events

**Art 101. Live Music / Artist Studio.** Live Music will be set up on Thursday afternoon 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. August 9th will be a workshop with visiting artist Teyjah from 1-3 in the Activity Room. A fee of \$5 will be collected for materials.

**Art Quest – Driftwood Mobiles.** Come out on Monday afternoon and make your own Driftwood Mobile. We will have collected items to create from or bring in your own to work with. Hope to see you Monday afternoons for some creative time together.

**Birthday Celebrations.** August birthday celebrations take place on Friday the 31st. If your birthday falls for August you get a free piece of birthday cake, otherwise it's \$0.75.

**Community Teaching Garden.** Join Robyn for some weeding and harvesting at the CTG. Meet at the clubhouse for a ride at 10am on Thursdays. Lots of veggies are ready for you to take home and enjoy.

**Connections.** Join us for a free dinner on Wednesday, August 15<sup>th</sup>. Our peer coordinators Sara & Lori will lead you through fun activities and games after dinner. Rides home available.

**Drop-In.** We hope to see you on Tuesday, August 7<sup>th</sup>, and 28<sup>th</sup> from 4:00 – 7:30pm. Stop by the Clubhouse and say "Hi".

**Food Skills.** Coming in September....sign up for some fun in the Kitchen with Robyn and Lonnie. Learn how to make a nutritious and delicious meal on a budget, try some new recipes, eat some amazing dishes and socialize with us:)

**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 3<sup>rd</sup> Friday of the month – sign up for lunch and try something new! July's recipes are included in this newsletter!

**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 Walk and Swim.** Are you up for a walk, a picnic, and refreshing swim in the lake? Join us to connect with nature this summer on Wednesdays August 1 and August 29 at 10:00am. We will be going for a nice, easy walk and finding a place to relax on the beach afterwards for a swim and picnic. Locations for both days to be announced but somewhere in the beautiful Shuswap or Okanagan. Sign up is required and the cost is \$3.25 for a picnic lunch or bring your own. Bring water, hat, sunglasses, and sunscreen. Don't forget to bring your bathing suit and towel if you are planning to swim.

**Participant Funding Meeting.** The next participant funding meeting is scheduled for 12:45pm Wednesday August 29<sup>th</sup>. 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 22<sup>nd</sup>. For more information talk to Angela or Carol.

**Scandia mini-golf, go-karts, and arcade.** Back by popular demand . . . we will be heading to Kelowna on Wed. August 22 for some mini-golf, go-kart, and arcade fun! We will be leaving Clubhouse at 9:30am. Sign up is required. Cost is \$12 plus \$\$\$ for lunch. Hope to see you on the racing tracks :)

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

### Swim or Gym

Summer is finally here :) So we will be going to swim at various locations around the Shuswap. Meet at the clubhouse at 1pm on Fridays.

**Women's Group.** The next meeting will be held on Wednesday August 1st – 1:00pm (*note the new starting time*) at Clubhouse. All women are welcome! Summer Student Erin will be talking about vitamins, minerals and supplements.

**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!





## 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. July's food box was sourced from: DeMille's – potatoes, carrots, cucumber, apricots, squash or beets, spinach;  
Pedro's – onions, beets, spinach;  
Peterson's Orchard – cherries.

### Apricot & Beet Kale Salad

- 1 head of kale  
- washed and torn into pieces
- ½ c shredded carrots
- ¾ - 1 c shredded raw beets
- 4 apricots sliced
- ½ c walnuts
- 1 – 2 T balsamic vinegar
- 1 t honey

### Preparation

- In a large mixing bowl or salad bowl, throw in the kale
  - Top with the carrots and beets and add the apricots and walnuts
  - In a small bowl, whisk the balsamic vinegar and honey together.
  - Drizzle the dressing over the salad.
- Enjoy!

Check the bulletin board for the Herb Potatoes with Fresh Spinach and Lemon recipe.

### Upcoming Good Food Box Dates

#### Pay \$12.00 On or Before Pick Up

- |                |              |
|----------------|--------------|
| • 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 – 2<sup>nd</sup> Ave NE) or Shuswap Family Resource Centre (181 Trans-Canada Highway NE).
  - **Pick Up** at the Catholic Church of St. Joseph (90 1<sup>st</sup> Street SE) between 1:00 and 5:00pm.



## Peer Support

Hello, I am Sara. I was born in Vancouver B.C. and moved to Salmon Arm in 1990. I grew up and went to school here.

I have been a part of CMHA for about 10 years now. I started attending the Art Program with Lee Rawn in 2008. When Lee retired I began volunteering in Reception and worked with some really great ladies. This tested out some new skills for me.

I think one of the highlights for me is volunteering in the Thrift Store. I have been there for 4 years now and I have developed great skills and customer service. I love people and I am grateful to be a part of this CMHA team.

I then applied for the Peer Support Coordinator 2 years ago and have really enjoyed helping people. Connections and Drop-In nights are a great success. I have really enjoyed leading these activities in the evenings. It gives an opportunity for participants to enjoy a free meal and engage in activities in the evenings as these nights can be lonely.

It is nice to be a part of a family that supports people and I know that I will never be alone and I am so grateful.

Sara, Peer support Coordinator/Peer Mentor

## Opportunities

**Participant Advisory Council, PAC**, is looking for a participant to join the committee.

PAC is an initiative for participants to provide feedback to the mental health system. PAC operates as part of the Participant Services and has representation from Clubhouse, CMHA and Interior Health Mental Health and Substance Use.

The purpose of PAC is twofold:

- To facilitate communication between participants and staff in the Clubhouse program
- To develop a standards council / code of ethics for the CMHA Shuswap/Revelstoke Branch

The committee meets quarterly – 10:30 am on the 3<sup>rd</sup> Wednesday in Feb, May, Aug & Nov.

For more info, see the posting in Clubhouse or talk to Kim. If you are interested in joining PAC, please submit a letter of interest to Kim, the Participant Liaison, by Aug 13, 2018.



## Food Skills for Families

M-J took part in the Food Skills for Families FOOD SENSE-course earlier this spring in Clubhouse. She feels proud of her participation in the course, as well as in the Certificate of Completion that she received. M-J states that the course helped her learn to cook healthier meals. She also says that making the meals was a lot of fun. M-J's mom, Linda, who also took the course, agrees, adding that she liked the atmosphere as "everyone was in the groove."

The FOOD SENSE-program focuses on ways to make healthy meals on a budget. While some of the recipes are old standbys, the program also introduces new recipes, like hummus, kale salad or veggie fritters. M-J says that the course had a lot of different foods that she hadn't had before and that it was nice to try the different foods, though she didn't care for all of them, like the tofu-dish. One of her favourites was the chicken strips. M-J says that she liked it because "it had parsley in the breading." She also liked the desserts, especially the smoothies and the black bean brownies. Yes, you read it right: Brownies made out of black beans instead of flour. Clubhouse got tasters every now and then and I must say the brownies were delicious!

If you missed the course, no worries. Robyn and Lonnie will be offering another one this fall. The course is open for all adults (18+) and all cooking skill levels. Perhaps you want to sign up and bring a friend. Keep your eyes out on a poster in Clubhouse for the dates. The course runs for 6 weeks, once a week and it is FREE.

## TVP Timesheets

Please note that TVP timesheets are *due a week earlier than normal this month*. Due to the Labour Day Weekend, we are collecting the timesheets on **Friday, August 24<sup>th</sup>** so that we have time to process them and have cheques ready by September 4<sup>th</sup>. Thanks everyone for your co-operation!

## Instep

Instep invites you to a free meal. Mondays 4:00 – 5:00pm at Sonlight Kitchen – the basement of Crossroads Free Methodist Church (next to Husky gas station). Everyone is welcome!

The thrift  
store is my  
**happy place.**

## 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 29<sup>th</sup> and will continue their work on the McGuire Lake end of Hudson Ave from June 26-July 13<sup>th</sup>. 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.

During the last week of August we are having a 2 for 1 sale every day, with the bag sale on Saturday September 1<sup>st</sup>.

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

# 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 August 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.

Correct answer for July is: **A Frog** – Used to stick flower stems in for floral arrangements. We had 4 correct answers so we held a draw to determine our winner this month. Congratulations go to *Fiona Peebles*! Fiona wins one free item at the coffee bar!

*Thank You to everyone who entered a guess in the "What Am I?" contest!*



**WEDNESDAY AUGUST 22<sup>ND</sup>**

Leave Clubhouse at 9:30am  
*Sign Up Required*

Check Bulletin Board for More  
Information



**WOMENS' GROUP**  
Wednesday August 1st  
1:00pm

Interested in talking about **Vitamins, Minerals and Supplements**? Join summer student Erin at the **Wednesday August 1<sup>st</sup> Women's Group** session starting at **1:00pm in the Activity Room**.

The conversation will evolve around:

- Can one get all the vitamins, minerals and or supplements by eating a healthy diet?
- How does one decide if they need to supplement one's diet with vitamins, minerals and / or supplements?
- How do you choose a multi-vitamin? Is more expensive better?
- Can one overdose on vitamins, minerals and / or supplements?
- Good resources for researching information on vitamins, minerals and / or supplements.
- Why is it important to discuss with your doctor what vitamins, minerals and supplements you want to start taking?

Bring your questions!

Erin will be leaving us on August 10th to get ready for her school year. Erin is finishing her 4<sup>th</sup> year studies at Saint Francis Xavier University to obtain a Bachelor of Science Degree (Major Nutrition). StFx is located in Antigonish, Nova Scotia. Erin is planning on using her degree to pursue a job as a Doctor!



**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



**Sign Up Required  
Watch the Bulletin  
Board**

### Nature Walks and Swim

Are you up for a walk, a picnic, and refreshing swim in the lake? Join us to connect with nature this summer on Wednesdays August 1 and August 29 at 10 am. We will be going for a nice, easy walk and finding a place to relax on the beach afterwards for a swim and picnic. Locations for both days to be announced.

**AUGUST**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SAT / SUN</b>
<b>30-Jul</b>	<b>31-Jul</b>	<b>1-Aug</b>	<b>2</b>	<b>3</b>	<b>4/5</b>
Woodshop - 10:30am - 12:00pm	Coffee Talk - 9:00am	Coffee Talk - 9:00am	Stretching - 9:30am	Good News Fridays - 9:00am	
Frittata & Salad - 12:00pm	Cranberry Chicken & Salad - 12:00pm	Nature Walk and Swim - 10:00am <b>Sign Up Required</b> Thrift Shoppe Meeting - 10:30am <i>Clubhouse Open in Activity Room</i>	Community Garden - Meet at Clubhouse at 10:00am	Journaling - 10:30 - 11:00am Activity Room	
Art Quest - 1:30pm Painted Rocks	<i>Clubhouse Closes 1:00pm</i>	Chicken Stir Fry and Rice - 12:00pm	Glory Bowl - 12:00pm	Sub Sandwich and Cookie - 12:00pm	
	<i>Drop-In - Parking Lot Party and BBQ - 4:00 - Rides Home Available</i>	Women's Group - 1:00pm - at Activity Room - Summer Student Erin will be <b>Talking About Vitamins, Minerals &amp; Supplements</b>	Art 101 - Artist Studio - 1:30pm	Fabric and Yarn - 1:30pm	
			Live Music - 1:30pm	Swim or Gym - Meet at Clubhouse at 1:45pm <i>Clubhouse Closes at 3pm</i>	
				Fabulous Friday Sale at the Thrift Shoppe	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11/12</b>
<i>CLUBHOUSE CLOSED ALL DAY BC DAY</i>	Coffee Talk - 9:00am	Coffee Talk - 9:00am		Good News Fridays - 9:00am	
	Closed Denver Sandwich & Salad - 12:00pm	Peanut Chicken Satay - 12:00pm	Pasta Marinara Sauce with Ricotta - 12:00pm	Journaling - 10:30 - 11:00am Activity Room	
	<i>Clubhouse Closes 1:00pm</i>	Retirement Tea for Lynne Logue - 1:30pm	Art 101 - Workshop - 1:00pm - 3:00pm "Teyjah" - Loosening Up in Your Art Work	Pizza - 12:00pm	
	<i>Drop-In - Activity TBA - 4:00 - Rides Home Available</i>		Live Music - 1:30pm	Farewell Tea for Erin 12:30pm	
				Fabric and Yarn - 1:30pm	
				Swim or Gym - Meet at Clubhouse at 1:45pm <i>Clubhouse Closes at 3pm</i>	
				Fabulous Friday Sale at the Thrift Shoppe	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18/19</b>
Walk - 9:15am	Coffee Talk - 9:00am	Coffee Talk - 9:00am	Stretching - 9:30am	Good News Fridays - 9:00am	
Woodshop - 10:30am - 12:00pm	Participant Office Meeting - 10:00am		Community Garden - Meet at Clubhouse at 10:00am	Journaling - 10:30 - 11:00am Activity Room	
Cashew Chicken Wrap - 12:00pm	Omelets & Breakfast Potatoes - 12:00pm	Sweet & Sour Pork and Chow Mein - 12:00pm	Honey Dinner Theatre (Lunch Matinee) - 12:00pm <b>Sign Up Required</b>	Good Food Box Recipe - 12:00pm	
Art Quest - 1:30pm Driftwood Mobiles	<i>Clubhouse Closes 1:00pm</i>	Yard Art - 1:30pm	Ginger Chicken Mandarin Salad - 12:00pm	Fabric and Yarn - 1:30pm	
	<i>No Drop-In</i>	Connections - 5:00pm Rides Home Available	Art 101 - Artist Studio - 1:30pm	<i>Clubhouse Closes at 3pm</i>	
			Live Music - 1:30pm	Fabulous Friday Sale at the Thrift Shoppe	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25/26</b>
Walk - 9:15am	Coffee Talk - 9:00am -	<b>Participant Funding Applications Due</b> Coffee Talk - 9:00am	Stretching - 9:30am	<b>TVP Timesheets Due (Friday / Saturday)</b>	
Woodshop - 10:30am - 12:00pm		Scandia Mini-Golf, Go-Carts, Arcade - 9:30am <b>Sign Up Required</b>	Community Garden - Meet at Clubhouse at 10:00am	Good News Fridays - 9:00am	
Chicken Ceaser Wrap - 12:00pm	Waffles & Fruit - 12:00pm	Beef and Broccoli Stir Fry - 12:00pm	Pizza Planks and Veggies - 12:00pm	Journaling - 10:30 - 11:00am Activity Room	
Art Quest - 1:30pm Driftwood Mobiles	<i>Clubhouse Closes 1:00pm</i>	Yard Art - 1:30pm	Art 101 - Artist Studio - 1:30pm	Chicken Fingers and Sweet Potato Fries - 12:00pm	
	<i>No Drop-In</i>		Live Music - 1:30pm	Fabric and Yarn - 1:30pm	
				Swim or Gym - Meet at Clubhouse at 1:45pm <i>Clubhouse Closes at 3pm</i>	
				Fabulous Friday Sale at the Thrift Shoppe	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Sep 1/2</b>
Thrift Shoppe 2 for 1 - Monday to Friday					Thrift Shoppe Bag Sale - Saturday
Walk - 9:15am	Coffee Talk - 9:00am -	Coffee Talk - 9:00am	Stretching - 9:30am	Good News Fridays - 9:00am	
Woodshop - 10:30am - 12:00pm		Nature Walk and Swim - 10:00am <b>Sign Up Required</b>	Community Garden - Meet at Clubhouse at 10:00am	Journaling - 10:30 - 11:00am Activity Room	
Cheeseburgers and Pan Fried Potatoes - 12:00pm	Beef Dip and Salad - 12:00pm	Apricot Chicken and Wild Rice - 12:00pm	Veggie Burgers - 12:00pm	Kabobs and Greek Salad - 12:00pm Birthday Cake	
Art Quest - 1:30pm Driftwood Mobiles	<i>Clubhouse Closes 1:00pm</i>	Participant Funding Meeting - 12:45pm	Art 101 - Artist Studio - 1:30pm	Fabric and Yarn - 1:30pm	
	<i>Drop-In - Activity TBA - 4:00 - Rides Home Available</i>	Yard Art - 1:30pm	Live Music - 1:30pm	Swim or Gym - Meet at Clubhouse at 1:45pm <i>Clubhouse Closes at 3pm</i>	Thrift Shoppe Closed September 4
					Thrift Shoppe Re-Opens September 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**