



January 2021

WELLNESS
PROGRAMS

NEWSLETTER

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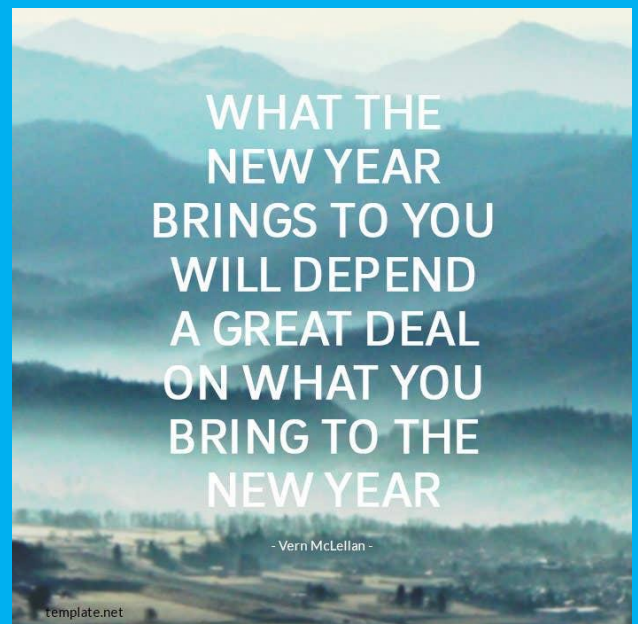


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*Our Culture,
Our Community,
Our Programs!*



*CMHA Wishes
You and Your Family
A Wonderful New Year*





CHECK OUT THE NEWSLETTER FOR MORE INFORMATION ON THESE ACTIVITIES

Check with Coordinators for Start Up Dates

ACTIVITIES - CHECK THE NEWSLETTER FOR MORE INFORMATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MINDFULNESS MONDAYS 9:00am - 9:30am Resumes January 4				
THRIFT SHOPPE DONATIONS Resumes January 4	THRIFT SHOPPE OPEN TUESDAY - FRIDAY 10:00am - 3:00pm			
		WEDNESDAY WALK By Appointment - See Newsletter		JOURNALING 10:15am - 10:45am
SONG CLUB 1:30pm - 2:30pm	SOCIAL HOUSE 1:30pm - 3:00pm		CREATIVE CONNECTIONS 1:30pm - 3:00pm	



January 4th- March 15th (10 sessions)

*no session Monday February 15th Family Day

Start your week with a little self-compassion by paying attention to the present moment.

We invite you to join Denise and Shannon for these Monday morning sessions on mindfulness. Everyone is welcome. You have the option to join us by video or telephone. Details below.

Remembering to take a pause to bring our attention to the present moment can make a big difference in our lives and to those around us.

Please Note: When we pay attention to our thoughts, feelings and body sensations, this can sometimes spark the need to talk to someone. You can use this email info.sr@cmha.bc.ca to request further support or help navigating services and the 24/7 crisis line is always available at 1-888-353-2273.

To Join the Zoom Meeting

<https://us02web.zoom.us/j/83860172001>

Meeting ID: 838 6017 2001

Dial in by phone:

+1 778 907 2071

To link to previous sessions and resources, check out the website:

<https://shuswap-revelstoke.cmha.bc.ca/news/mindfulness-mondays-join-us-for-the-next-7-mondays-from-9am-930am/>

Clubhouse



In light of the December 8th, 2020 Provincial Order which will last until at least January 8th, 2021, in person programming and events at CMHA Shuswap-Revelstoke have been put on hold.

Please check the CMHA website

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

for updates and our current online offerings or call CMHA at 250 804-9617.

For more information about the Province-Wide Restrictions

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>



Walking Group

In consideration of the new order from the Provincial Health Officer, our walking groups will be limited to one participant per session.

If you are interested in the walking group, please contact

Rachel at 250-832-8477 ext. 110 or email rachael.runge@cmha.bc.ca



Music can give us a space to feel and connect to emotions, lift us up when we're feeling down, help us through when we feel alone, release pent up feelings when we just need to sing out loud.

Join others and share your experience with how music affects you. Hearing from others helps us to feel more connected and expands our access to music and songs to add to our playlists.

'Song Club' Mondays 1:30-2:30pm

This is an online group for sharing and discussing songs brought forward by you. Come join in the journey that music takes us

To sign up for 'Song Club' contact Nanika - cell phone: 250 804-5628 or e-mail: nanika.albricht@cmha.bc.ca

Lighting the Darkness

A wonderful gathering of the art group to create paper lanterns and also making a video of their light creations. This was made into one video with music to view together for the Winter Solstice, along with a celebration of the light that shines in each of us. Thank you for those who brought this magical project together. When we create together it shines that much brighter.

Enjoy a time of reflection in this video of paper lanterns and lights, reminding us of the light in all of us and how it shines through the darkness, created by the CMHA Creative Studio. With the dark days of the season upon us.

YouTube: <https://www.youtube.com/watch?v=IWjjTq7BO8A>



Creative Connection



Moving into the New Year the Art Group will be starting a new project called 'Make My Day' ... The idea is to give the opportunity for people to make envelopes and things to put in

them for others to receive words of encouragement, art, a poem, card, etc. ... something to brighten their day.



The envelope itself will be colourful and bright and some people may just want to make the envelopes. The joy and purpose in making something for others coupled with the joy in receiving, it's a win win!

'Creative Connection' Thursdays 1:30-3:00pm

For the online groups, all that is required is pen and paper, additional supplies will be given for special projects.



**Tuesdays
1:30 - 3:00pm**

***A Change in Plans
Social House***

At this time, our in-person programs have all been postponed until further notice, so our 'Social House' will be moving back to being an online program. Check with Nanika for the January start date.

If you would like to join the online 'Social House'

let Nanika know and she will send you a Zoom invitation via email. Nanika - cell 250 804-5628 or e-mail nanika.albricht@cmha.bc.ca

To sign up for 'Creative Connection'

contact Nanika, cell phone 250 804-5628 or e-mail nanika.albricht@cmha.bc.ca

Our Journaling Time



Contact Rachael for more information or an email invitation for the Zoom session.

Email – rachael.runge@cmha.bc.ca

Cloth, Paper, Scissors



"Cloth, Paper, Scissors" wishes everyone All the Best for 2021.

Unfortunately, Cloth, Paper, Scissors is not ready to come back into the Clubhouse space at

this time nor are we offering anything via zoom. Hopefully we will be back in the space beginning in February.

The Buddy System



Are you feeling lonely and want someone to talk to, someone to text with or maybe even a good old-fashioned pen pal? Or perhaps you have a bit of free time and the ability to reach out to someone

who is feeling disconnected from their regular community? The Buddy System could be a great fit for you!

Please spread the word..... we are currently seeking participants that are interested in volunteering to be a Buddy, as well as individuals that feel that they might benefit from creating a connection with another participant from CMHA.

Everyone is welcome to participate. All you need is a phone, a computer, or a stamped envelope! For those who choose to volunteer to be a Buddy, you will have the opportunity to give back to your community in a meaningful way.

If you are interested in the Buddy System

please contact

Paivi at 250-804-9617 (leave a message)

or email paivi.sarre@cmha.bc.ca



Beef Enchiladas

Carol S.



- 1 onion finely chopped
- 1 pepper, seeded and diced
- ½ teaspoon ground cumin
- 2 teaspoons chili powder
- 2 tablespoons olive oil
- 1-1/2 lb lean ground beef
- 1 garlic clove, finely chopped
- 1 can, pureed or refried black beans (Old El Paso-style)
- 2 tablespoons hot chili sauce (Red Hot-style) or to taste
- 1 tablespoon lime juice
- 12 small 7 inch flour tortillas
- 3 cups tomato sauce, homemade or store-bought
- 2 cups Monterey Jack cheese, grated
- ½ cup salsa
- ½ cup sour cream

With the rack in the middle position, preheat oven to 400 F (200C). Line a baking sheet with aluminum foil.

In a pot, brown the onion, pepper and spices in the oil. Season with salt and pepper. Add the meat and garlic and sauté over high heat, while breaking up the meat with a fork. Add the black beans, chili sauce and lime juice. Cook for about 2 minutes. Adjust the seasoning.

On a work surface, layout the tortillas, and place about 1/3 cup of the meat and bean mixture on each tortilla. Roll up and set aside.

Spread half the tomato sauce on the prepared baking sheet. Place the enchiladas, seam side down in bunches of three. Top with the remaining sauce. Sprinkle with the cheese and bake for 10 – 12 minutes or until cheese has melted.

Serve three enchiladas per person and serve with salsa and sour cream.

Makes 4 servings.

Rotisserie Chicken and Stuffing Casserole

Carol S.



Recipe yields 8 servings

- Cooking spray
- 1 ½ cups water
- ¼ cup butter
- 1 (6 ounce) package quick-cooking stuffing mix (such as Stove Top) or more to taste
- 1 tablespoon butter
- 1 onion, diced
- 3 stalks celery, diced, or more to taste
- 1 (10.5 ounce) can cream of chicken soup
- 1 (8 ounce) container sour cream
- ½ (10.5 ounce) can cream of mushroom soup
- 1 whole cooked rotisserie chicken – skinned, boned, and meat shredded
- Salt and ground black pepper to taste

Preheat oven to 375F. Spray a 9 x 13-inch baking dish with cooking spray.

Bring water and ¼ cup butter to a boil in a saucepan; stir in stuffing mix. Remove saucepan from heat, cover, and let sit until water is absorbed – about 5 minutes. Fluff stuffing with a fork.

Heat 1 tablespoon butter in a skillet over medium heat; cook and stir onion and celery until softened, 5 – 10 minutes.

Mix cream of chicken soup, sour cream, and cream of mushroom soup together in a bowl.

Spread shredded chicken into the bottom of the prepared baking dish. Layer onion mixture over chicken and season with salt and pepper; top with soup mixture. Spread stuffing over soup mixture layer.

Bake in preheated oven until lightly browned and bubbling, about 1 hour.



Hudson Thrift Shoppe

Come and explore our winter clothing and shoes.

The Thrift Shoppe is Closed January 1st to 4th and resumes regular store hours on Tuesday January 5th.

The store is open
10:00am – 3:00pm
Tuesday to Friday



PARTICIPANT FUNDING



Applications Due January 20

Application Forms Available from
The Hudson Thrift Shoppe on
Wednesday between 10am and 3pm
January 6, 13, or 20
or anytime by requesting an application by
emailing

participant.funding.sr@cmha.bc.ca

Return Applications to
Thrift Shoppe on
Wednesday January 6, 13, or 20

or

Email to participant.funding.sr@cmha.bc.ca

Please be sure to attach to the application

- **Course or Activity Description**
and

- **Fee Schedule from the Organization**

Applications cannot be processed without this information

Welcome to 2021

Kathryn S.

If you are reading this article in our CMHA Newsletter, then Pat Yourself On Your Back as, YOU MADE IT THROUGH 2020!! That is Pretty Incredible if you stop to think about it. Against the odds, WE and YOU made it. Now we can look forward to a New Year with the amazing work of scientists around the world and the soon to be available Vaccine, guaranteeing our safety in moving forward with good health and getting back to "our normal".

The term "Plague" came to mind during 2020 as indeed it felt like it, it has affected the entire World. It taught me as I am sure You, so many things; how to work through being home alone, not being able to get out to see our friends, not joining in, in all the activities we normally do together, at times not even getting out for a special meal or even a coffee together. Especially giving and receiving a simple thing like a HUG. We even got through the Holidays; Christmas included. How did we do it? One may ask. Well, it is called resilience or adaptation. We adapted to the new way of life that was unexpectedly forced upon us.

A great thing, Resilience. I am sure you had many "down times", cried yourself to sleep, wondered when all of "this" would end, why now, why me. Those are all natural feelings considering the situation. Be kind to yourself, always. It is OK to go back to sleep, hide under the covers, not answer the phone, whatever it took for you to get through each day. However, you don't want to stay there in those feelings. It wouldn't be a Healthy-for-you, choice. I can imagine that you thought about it and realized the advice we have been given is; this won't last forever, is indeed true. It won't last forever as we are seeing progress being made with the advent of vaccines.

In the meantime, while we are waiting for our turn to be vaccinated, we can think about all the things we want or need to do this New Year of 2021. I am not one for making New Year's Resolutions. The way I look at it, why set myself up for disappointment. Instead, I think about how I would like to move forward with my own plans to be a better person in any way I can. Those ways will make themselves clear as the days and months ahead come along. The opportunities will arrive as they always do. I just have to make myself "open" to them, to listen, to watch, to be aware. Something I have tried to do most of my adult life. Being Kind to each other is one of the best ways to move forward into the New Year of 2021. When you are Kind to each other, you will reap the benefits too.

Happy New Year to all and remember, try to have fun.



EXPERIENCE GROWTH & CONNECTION

Free online courses are for *anyone* and *everyone* who wants to gain the confidence to face life's challenges. Courses are created to support your well-being through learning. You will experience an empowering learning environment where genuine people share knowledge and practical tools.

CANADIAN MENTAL HEALTH ASSOCIATION
discovery college
KELOWNA

<https://discoverycollegkelowna.com/courses/>

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
CALGARY

<https://recoverycollegcalgary.ca/courses>

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
Wood Buffalo

www.recoverycollegewoodbuffalo.ca

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
LETHBRIDGE

<https://recoverycollegethbridge.ca/courses/?filter=online>



**Mental Health
Resource Guide**
Winnipeg Edition

<https://mbwpg.cmha.ca/programs-services/learning-centre/>

CHECK OUT THE COURSES OFFERED AT THE ABOVE LOCATIONS