



February 2020

CLUBHOUSE NEWSLETTER

Calendar Inside!

Brought to you by CMHA
Shuswap-Revelstoke

- COMMUNITY ENGAGEMENT
- RESILIENCY SERIES
- LIVING LIFE TO THE FULL
- JOIN WILSON AT THE GYM
- KITCHEN GOODIES - HEALTHY FOOD PORTIONS
- SOCIAL REC
- ART CORNER – LIVING YOUR DREAM
- INTERESTED IN PEER MENTORING?
- VOLUNTEERING IN THE THRIFT STORE
- and MORE

Our Culture, Our Community, Our Programs!



SNOW DAY

LARCH HILLS

TUESDAY FEBRUARY 25



SOCIAL REC



Swimming – Mondays February 3rd, 10th, and 24th – leave the clubhouse at 1:40pm – 3:30pm. Cost is \$1.00 per swim. Bring your bathing suit, towel.

**BALANCE
FLEXIBILITY
CHAIR YOGA**

Chair Yoga – February 12th – Meet at the clubhouse at 10:10 or at the Okanagan Regional Library (Salmon Arm) at 10:25. This is a free event. Rides will be provided.



4:00 ~
7:30pm

Rides home provided to participants living in town after drop-in activities.

Tuesdays



• **February 4th** – Join us in the Clubhouse for planning and an activity!



February 11th – Meet at the clubhouse at 4:00. Wear your best Hawaiian attire and join us to create a potluck dish together. We will then head over to the

First United Church to join in at their 'Hawaiian Potluck' gathering. See bulletin board for more information.



• **February 18** Silver Star Outing Tubing or Skating \$8.00

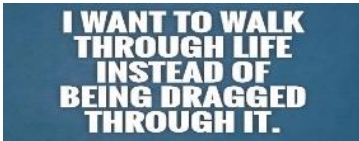
- *Leaving the Clubhouse at 2:00pm*
- *Sign Up Required*



**Friday
Morning
Stroll
9:30am**



Enjoy a gentle stroll through the parks and streets closest to CMHA.



**WHAT A COMFORT
IS THIS JOURNAL
I TELL MYSELF TO
MYSELF & THROW
THE BURDEN ON
MY BOOK AND
FEEL RELIEVED**

Journaling Come join our Journaling group each Friday morning, 10:30 – 11:00 in the Clubhouse.

This is a quiet time – participants in the Clubhouse not journaling are asked to take their conversations in to the activity room. Thank you!



Snowshoeing – Friday February 14th and 28th – 12:45 – 3:00pm. Come and enjoy the beauty of our local winter wonderland as we snowshoe on the local trails. Cost is

\$4.00 for each session. *Sign Up is Required.* Dress for the weather – warm clothes and boots, bring a hat and gloves or mitts.



**SNOW DAY LARCH HILLS
TUESDAY FEBRUARY 25**

*Leaving the Clubhouse at 10:00am
Sign Up Required*

- ✓ Outdoor and indoor activities.
- ✓ Chili and a bun for lunch.
- ✓ Everyone Welcome!

Clubhouse closes at 10:00am



Community Engagement + Participant Funding + Stained Glass = FUN

Kathryn S

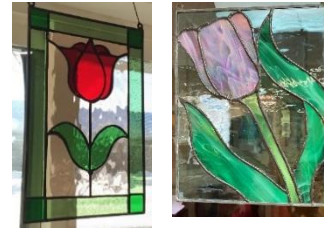
January 11 and 12, 2020 saw Carol and I (Kathryn) attending another workshop held in the home studio of Mitch Milgram. It was on Stained Glass and we both benefited from Participant Funding to attend this amazing event.

Mitch is a multi-talented artist in Stained Glass, Wood Working, Metal Working, Painting, and Drawing to name a few. His home studio is wonderful with many examples of his Stained Glass hanging in the windows, to tempt and inspire us. The course is held for two days a couple of times a year. Another workshop is scheduled for March, it isn't too late to sign up if you are interested, see Carol or Kathryn for information, or watch for the ad in Friday AM. All supplies are included in the fee and a great opportunity for a one on one instruction for each of the 4 to 5 attendants.

You choose from his many patterns, simple ones please for all beginners, then you go on to learn how to score and cut the glass. From there you grind the sharp edges, my personal favourite part, then comes the fitting of the glass pieces on a working frame to make sure they all fit before the next step. A process of taping each of the pieces on all sides, making sure they adhere properly, comes next. Then you are ready to learn the tricky skill of soldering. Looks easier than it is. A skill that Mitch says took him years to perfect, so don't be hard on yourself when you don't get it just right the first time. I have taken this course before and found I was a bit more confident in soldering this time, long way from perfect, but, I was happy with the results. After that comes the framing with strips of thin metal which is just for stained glass, more soldering, and the last step is applying a patina to the metal soldering and frame so that it turns the pewter colour to black. The patina hides a multitude of not too perfect bits of soldering. You have a choice of the black or copper colour. I chose black as it highlights and really makes the glass pieces "pop", standout.

Carol and I notice that we are really exhausted at the end of each day, so this year I planned ahead, making meals beforehand to last those days. Tea and coffee and treats are available, but, you need to bring your own lunch.

Mitch has infinite patience, a great trait for an instructor/teacher. We highly recommend this Stained Glass workshop in a relaxed atmosphere and Mitch's home studio.



You are invited to check out



the **Fabulous 2 for 1 Fridays** at the Thrift Shoppe followed by the ever popular **\$5.00 Bag Sale** on the **last Friday of the Month**.

If you are looking for a **volunteer opportunity** or to connect with others and **experience our wellness culture**, the Thrift Shoppe may be for you. This is also a great opportunity to build your resume by gaining experience in:



- Developing customer service skills
- Sorting and displaying merchandise
- Working as a team and independently
- Learning cashier skills (working the till, accepting cash, making change, using the cash register and debit machine, etc.)

Interested? Drop in to the Thrift Shoppe and talk to Jackie!

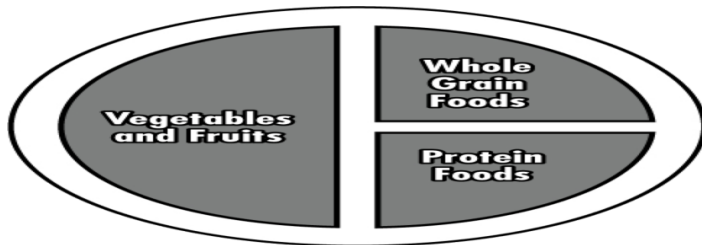
DONATION INFORMATION: The Thrift Store appreciates donations but we ask that you keep in mind the following points:

Please ...

- ✓ Make sure your donation is clean and in satisfactory working order
- ✓ Clothing, shoes, and accessory items must be laundered and in good repair – all buttons, zippers in place, no rips, stains or odors
- ✓ Check to see that all games and puzzles have all the pieces
- ✓ If you have been storing your donations in the basement, a garage, or a shed be sure they have not been infested by bugs or mice before bringing items in
- ✓ Look at the item(s) you are donating and ask yourself "If I were in need of this item ... would I buy it?" If the answer is "No", perhaps the item should be recycled or disposed of elsewhere.
- ✓ Unfortunately the Thrift Shoppe has limited storage space and is unable to accept large items. Additionally, there are times when the donation bin is closed because capacity has been reached. Please feel free to check on what items the store accepts and if the store is accepting donations by calling the store at 250 832 8477 ext 107.



Would you like to start this year off with healthier eating habits? Learn how to better understand healthy choices when it comes to food. Understanding healthy food and healthy food portions on a plate can help you make better choices when it comes to meal planning.



A guide to healthy food portions on a plate can be referenced from the figure above. The illustration shows half your plate consisting of fruits and vegetables and the other half being divided between whole grains (quinoa, whole grain pasta or bread, wild rice) and proteins such as meat protein (chicken turkey, eggs) and plant protein (beans, peas, nuts seeds, broccoli, whole grains). Protein can also be found in dairy such as cheese.

6-Step Meal Planning Guide

Plan ahead, but not too far ahead and Plan how many meals. Shop your fridge and cupboards first. Plan your recipes around your weekly activities. Plan a leftovers night. Use your menu plan to make a shopping list. Place your menu plan on your fridge.

Recipe of the month is Easy Cranberry Chicken

(4-6 servings) 15 minute prep time 1 ½ hour bake time

- 1 broiler/fryer chicken (3 to 4 pounds), cut up
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tbsp butter
- 1/2 c diced onion
- 1/2 c diced celery
- 1 can 14 ounces – whole-berry cranberry sauce
- 1 c barbecue sauce

Directions: Sprinkle chicken with salt and pepper; brown in a skillet in butter. Remove the chicken to a greased 13-in. x 9-in. baking pan. In the drippings, sauté onion and celery until tender. Add cranberry sauce and barbecue sauce; mix well. Pour over chicken. Bake, uncovered, at 350° for 1-1/2 hours, basting every 15 minutes.

Nutrition Facts: 12 ounce-weight: 425 calories, 19g fat (6g saturated fat), 98mg cholesterol, 675mg sodium, 35g carbohydrate (24g sugars, 2g fiber), 29g protein.

TVP & PARTICIPANT FUNDING CHEQUES



From now on cheques will be available from the CMHA Reception on Monday, Tuesday, Wednesday and Thursday mornings as well as Wednesday afternoons. Additionally, they can be picked up on cheque issue Thursday from 1:00 – 4:00pm. Due to unforeseen circumstances or holidays there may be some exceptions to the above times. If you are coming from out of town to pick up your cheque please feel free to call ahead to make sure that the office is open 250 832 8477. **Cheques will no longer be available for pick up from the Clubhouse.**



Thank you Thank you to all of you who picked up your art work and helped to clear out the activity room for a fresh start and new projects to come.

Art Quest – Mondays 1:00 – 2:30pm



Join the art group Monday afternoons. We will be continuing with mixed media and collage creating 'Vision Boards'. You will have a chance to look forward by imagining what you'd like to move towards and also the opportunity to look at where you've been and how your story is unfolding. Let your art out with a warm drink and atmosphere.

Art Studio – Thursdays 1:00 – 2:30pm

Art Studio happens in the Activity Room Thursday afternoons. Participants are invited to come work on their artworks or start a new project. Nanika will be happy to assist and get you started with available supplies.

Music Jam – Thursdays 1:00 – 2:30pm

Thursday afternoons in the Clubhouse there is 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. We continue to get new people joining the music jam, so don't be shy, give it a try.

Opportunities

Looking to Learn New Skills?

Cleaning Opportunities

Talk to Beckie

Thrift Shoppe Volunteers

Talk to Jackie

Kitchen Helpers

Talk to Rachael

Peer Mentors

Talk to Sara

Check the Bulletin Board for More Details



Cloth, Paper, Scissors

Welcome to our group, "Cloth, Paper, Scissors" held every Friday in the Craft room, from 1:00 to 3:00 pm. We are

planning to hold new workshops (check out the newsletter and watch the bulletin board postings) and would love for you to join in. If you want to learn how to mend, sew garments, quilt, crochet, and anything in between, just show up and talk to us and we can set something up.



Jonathan is in the Wood Shop *by appointment only on Saturdays.*

Please contact Jonathan at 4th Avenue (250 832 8477 – extension 131) to arrange a convenient date and time.

MEN'S GROUP

Meets in the Activity Room every other Friday at 1 pm. Join Jonathan and come say Hi and meet other fellow Clubhouse gentlemen **February 14th and 28th.**

Be Yourself



CMHA HEROES

Kim is the best unsung hero! She is a thoughtful, intelligent, and wise advocate for all the participants at CMHA. No matter what the concern, problem or issue, she works with you in kindness and determination to see the best possible outcome. She means so much to staff and participants and we value and honour how much courage she has had through the years in working on her own wellness while helping others. Kim brings wellness and mental illness out of the shadows. She is an inspirational spokesperson and up for any challenge we throw her way. Thank You Kim for all you do – your efforts are noticed and you are appreciated!

Participant Services Office Hours

Mondays 9:30am – 11:30am
Kim – Participant Liaison

Tuesdays 9:30am – 11:30am
Carol – Participant Funding Coordinator

Wednesdays 12:30pm – 2:30pm
Kim – Participant Liaison

Thursdays 10:30am – 2:30pm
Sara – Peer Support Coordinator

Fridays 9:30am – 11:30am
Nicola – Participant Funding Coordinator



Calendario ReNew Clothing Project Fridays, 2-5 pm until April 3

Do you have some old clothes that you'd like to turn into something new? Have you been thinking of getting back into some sewing or learning some basic skills? Are you thinking of changing your wardrobe without spending much money? Concerned about the impact of fast fashion on the environment? Any or all of these are good reasons to join the upcoming Calendario Clothing reNew project over these winter weeks.

Runaway Moon Theatre will be holding a series of open workshops where we'll help people to make new garments and to re-new old ones by combining pre-existing clothes with hand-printed fabric and decorative pieces from our treasure chest. Bring along your old favourites, or something from the thrift shop, as something to start from; or, come and make a design and we'll help figure out how to make it. All levels of experience welcome!

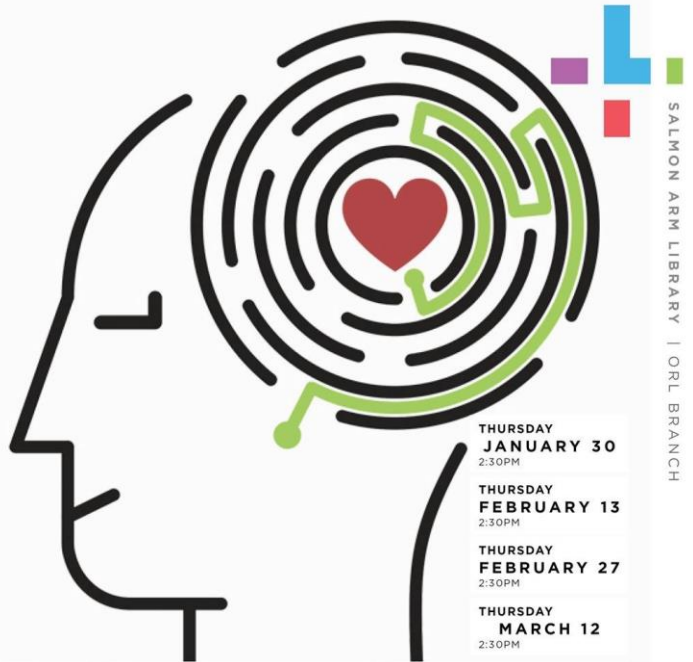
When you view your world with an attitude of gratitude, you are training yourself to focus on the good in life".

Paul J. Meyer

CMHA RESILIENCY SERIES



Canadian Mental
Health Association
Mental health for all



THURSDAY
JANUARY 30
2:30PM
THURSDAY
FEBRUARY 13
2:30PM
THURSDAY
FEBRUARY 27
2:30PM
THURSDAY
MARCH 12
2:30PM

* FREE * CLUBHOUSE PARTICIPANTS WELCOME * ATTEND ONE, SOME OR ALL * NO SIGN UP REQUIRED *



Resiliency Through Change
Life is full of changes and challenges. Learn how to find your balance and stay in control, even during turbulent times.

**February 13 – 2:30pm
Mindfulness**

What is mindfulness and how can it promote wellness? Learn and practice mindfulness tools.

**February 27 – 2:30pm
Cultivating Connections**

Who we invite into our lives matters. Stack Your Own Team! When we feel connected we experience more joy.

**March 12 – 2:30pm
Wellness Mapping**

In this session you will create your own wellness plan.

LIVING LIFE TO THE FULL

Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop resilient skills to deal with life's challenges?



Experience Wellness

Date/Time: March 4th-April 22nd 2020

8 Wednesday classes from 6pm-8pm

Location: Okanagan College

Salmon Arm Campus

Cost: \$198.45

(subsidies are available through CMHA by request 250-832-8477 ext 103)

Link to Online Registration:

https://www.okanagan.bc.ca/Programs/Area_of_Study/ca/Courses.html?course=HLT_169



VALENTINE BOOKMARK ♥

Come and join in on Friday afternoons in the craft room to make one or two different bookmarks. Supplies provided at a cost of \$1.50. Instructions will be given each Friday leading up to Valentine's Day.



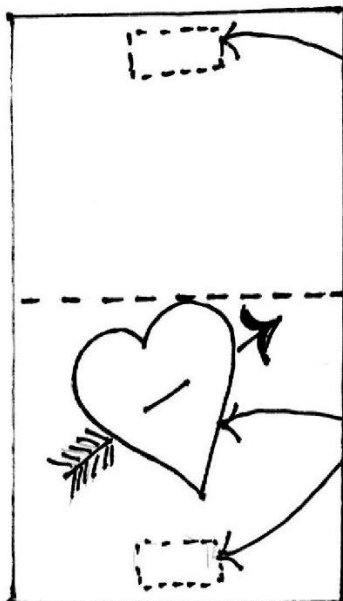
punch hole through wooden stick to string a charm or a tassel.

paint stick or leave plain

use coloured pen to write a greeting on the front and message on the back

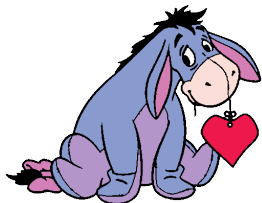
Bookmark ②

cut piece of heavy card stock 4" x 2" - fold in half.



cut strip of magnet tape and adhere to inside of piece of paper

on the front place a sticker & write a greeting



PODCAST ALERT!

Listen to the Rural Roar: A small town take on the big issues of mental health.

Our first airing was on Voice of the Shuswap January 29th and will be posted to CMHA Shuswap Revelstoke website.

Our thanks to Robin, Kim and Shannon for stepping up for this first podcast!

If you have a topic, interested in participating and / or would like to learn more about the podcasts, talk to Robin, Kim or Shannon.



FEBRUARY'S CONTEST



January's Contest Paint Tube Opener

20 Guesses
2 Correct Answers

Congratulations
Drea

See the Kitchen for
Your Free Cookie

February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
3	4	5	6	7	8/9
Broccoli Mac and Cheese with Veggie Sticks 12 noon Art Quest - 1:00pm Swimming 1:40 - 3:00pm	Coffee Talk - 9:00am Corn Chowder and Bun 12 noon Clubhouse Closes 1:00pm Drop In - 4:00 - 7:30pm - Clubhouse - Planning and an Activity - In Town Rides Home Available	Coffee Talk - 9:00am Schwarties Hash Browns and Mixed Veggies 12 noon Planning Circle - Everyone Welcome - 1:00pm	Beef Dip and Cole Slaw 12 noon Art 101 - 1:00pm Music Jam - 1:00pm	Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll - 9:00am Journaling 10:30 - 11:00am Smokie and Perogies 12 noon Cloth, Paper, Scissors 1:30pm Clubhouse Closes at 3pm	
10	11	12	13	14	15/16
Turkey Veggie Soup and Bun - 12 noon Art Quest - 1:00pm Swimming 1:40 - 3:00pm	Coffee Talk - 9:00am Reuben Sandwich and Oven Fries - 12 noon Clubhouse Closes 1:00pm Drop In - 4:00 - 7:30pm - Hawaiian Potluck - In Town Rides Home Available	Coffee Talk - 9:00am Chair Yoga Leave the Clubhouse at 10:10am Glory Bowl - 12 noon Planning Circle - Everyone Welcome - 1:00pm	Beef Stroganoff with Noodles and Salad 12 noon Art 101 - 1:00pm Music Jam - 1:00pm CMHA Resiliency Series - Mindfulness - Salmon Arm Library - 2:30pm	Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll - 9:00am Journaling 10:30 - 11:00am Spaghetti and Meat Sauce 12 noon Snowshoeing 12:45 - 3:00pm - \$4.00 Sign Up Required Cloth, Paper, Scissors 1:30pm Men's Group - 1:00 pm Clubhouse Closes at 3pm ♥♥♥♥♥	
17	18	19	20	21	22/23
Clubhouse Closed Family Day Thrift Shoppe CLOSED 	Coffee Talk - 9:00am Manicotti with Cucumber Slices and Carrot Sticks 12 noon Clubhouse Closes 1:00pm No Drop In	Participant Funding Applications Due Coffee Talk - 9:00am PAC - 10:30am at HOURS SPACE Black Bean and Rice Enchiladas & Corn 12 noon Planning Circle - Everyone Welcome - 1:00pm No Connections	Lasagna and Garlic Bread 12 noon Art 101 - 1:00pm Music Jam - 1:00pm	Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll - 9:00am Journaling 10:30 - 11:00am Pizza - 12 noon Cloth, Paper, Scissors 1:30pm Clubhouse Closes at 3pm	
24	25	26	27	28	29/ March 1
Beef Barley Soup & Bun 12 noon Art Quest - 1:00pm Swimming 1:40 - 3:00pm	SNOW DAY LARCH HILLS Leave Clubhouse at 10:00am Sign Up Required Clubhouse Closes 10:00am Chili & Bun at Larch Hills  No Drop In	Pink Shirt Day Coffee Talk - 9:00am Taco Meatloaf & Green Salad - 12 noon Planning Circle - Everyone Welcome - 1:00pm Participant Funding Meeting - 1:30pm 	Chicken & Veggie Stir Fry 12 noon Art 101 - 1:00pm Music Jam - 1:00pm CMHA Resiliency Series - Cultivating Connections - Salmon Arm Library - 2:30pm	TVP Timesheets Due (Fri / Sat) Bag Sale Thrift Shoppe Good News Fridays - 9:00am Morning Stroll - 9:00am Journaling 10:30 - 11:00am Chicken Kabobs and Greek Salad - 12 noon Cloth, Paper, Scissors 1:30pm Men's Group - 1:00 pm Clubhouse Closes at 3pm	
March 2	3	4	5	6	7/8
Thrift Shoppe CLOSED Store Changeover	Coffee Talk - 9:00am TBA - 12 noon Clubhouse Closes 1:00pm To Be Determined	Coffee Talk - 9:00am TBA - 12 noon Planning Circle - Everyone Welcome - 1:00pm Living Life to the Full Wednesdays March 4 to April 22 - 6:00 - 8:00pm Okanagan College - Salmon Arm	TBA - 12 noon Art 101 - 1:00pm Music Jam - 1:00pm	Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll - 9:00am Journaling 10:30 - 11:00am TBA - 12 noon Snowshoeing 12:45 - 3:00pm - \$4.00 Sign Up Required Cloth, Paper, Scissors 1:30pm Clubhouse Closes at 3pm	

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

AT A GLANCE



CLUBHOUSE CLOSED
THRIFT SHOPPE CLOSED
Monday February 17
Family Day

ART QUEST
Mondays
1:00-2:30pm
Vision Boards



SWIMMING



Mondays
February 3, 10, 24
1:40-3:30pm



TUESDAYS
February 4 - Clubhouse - Planning & Activity
February 11 - Hawaiian Potluck
February 18 - Silver Star \$8.00 Sign Up Required



PLANNING CIRCLE
Wednesdays
February 5, 12, 19, 26
1:00-2:00pm
Come Find Out What's Happening with our Transition in a Webbing and Wellness Centre and the Renovations, Podcasts & More

JOURNALING



Fridays
10:30-11:00am

CLOTH, PAPER, SCISSORS



Fridays
1:30-3:00PM

SNOWSHOEING



Fridays
February 14 and 28
12:45-3:00pm
Sign Up Required

SNOW DAY



Tuesday Feb 25
Larch Hills
Leave the Clubhouse at 10:00am