

February 2021

NEWSLETTER The CMHA Studios

Brought to you by



- *CMHA Shuswap - Revelstoke has something for everyone*
- *Activities at a Glance*
- *Mindfulness Mondays*
- *Clubhouse Update*
- *Song Club*
- *Social House*
- *Walking Group*
- *Creative Connection*
- *Our Journaling Time*
- *Good News Fridays*
- *Cloth, Paper, Scissors*
- *The Buddy System*
- *Kitchen Goodies*
- *Thrift Shoppe*
- *Participant Funding*
- *Experience Growth & Connection Through Online Workshops*
- *Random Acts of Kindness Day - Wednesday February 17*
- *... and more!*

*Our Culture, Our Community,
Our Programs!*



Hello,

February

Please be good to me.

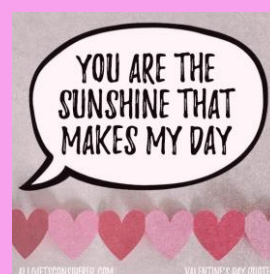
"Groundhog found fog. New snows and blue toes. Fine and dandy for Valentine candy. Snow pittin'; if you're not itten-smitten, you'll be frostbitten! By ging-y feels spring-y."

The Old Farmer's Almanac

**Happiness is the new rich.
Inner peace is the new success.
Health is the new wealth.
Kindness is the new cool.**

-Syed Balkhi

RANDOM ACTS OF KINDNESS
FOUNDATION™



CMHA Shuswap – Revelstoke has something for everyone ...

Learn – Learn about aspects of mental health and wellbeing.

Connect – Come be supported on your journey or support others on theirs.

Belong – There are so many ways you can contribute, learn, and feel supported at CMHA Shuswap-Revelstoke. Everyone is welcome. There is something for everyone. Your stories, your knowledge, and wisdom belong.

We want our space to reflect our commitment to community engagement and a place that you can come and move towards thriving in your life. CMHA Shuswap Revelstoke engaged community for a new name. Thank you so much for all your input and....

We give you:

The CMHA Studios!

We love it and it speaks to the essence of the space and the direction that CMHA continues to aspire and strive towards:

- a feeling of connectedness
- a place where people go to learn, practice, or study
- a workshop space
- a place where artists and creativity is a part of wellbeing
- and more!

CMHA looks forward to you joining us in the Studios as soon as the Provincial Order restrictions are lifted!

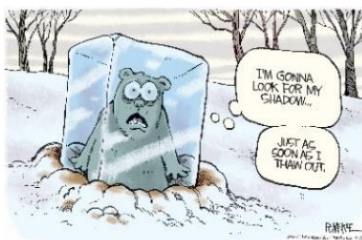
At-A-Glance

CHECK THE NEWSLETTER FOR MORE INFORMATION ON THESE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MINDFULNESS MONDAYS 9:00am - 9:30am <i>No Session February 15</i>			GOOD NEWS THURSDAY 9:00 - 9:30am <i>Starts February 4</i>	
THRIFT SHOPPE DONATIONS 9:00am - 11:00am <i>No Drop Offs February 15</i>	THRIFT SHOPPE OPEN TUESDAY - FRIDAY 10:00am - 3:00pm			
		WEDNESDAY WALK By Appointment - See Newsletter		JOURNALING 10:30am - 11:30am
SONG CLUB 1:30pm - 2:30pm	SOCIAL HOUSE 1:30pm - 3:00pm		CREATIVE CONNECTIONS 1:30pm - 3:00pm BIRDING 2:30pm - 3:30pm	



In light of the Provincial Order which will last until at least February 5th, 2021, in person programming and events at CMHA Shuswap-Revelstoke have been put on hold.



Groundhog Day - Tuesday February 2, 2021

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>





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

MONDAY MINDFULNESS

January 4th -
March 15th
2021

9am -9:30am

Join Zoom Meeting:
<https://us02web.zoom.us/j/83860172001>
Meeting ID: 838 6017 2001
Dial in by phone: +1 778 907 2071

***no session Monday February 15th Family Day**

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

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. Mindfulness is a tool we can use to get more life satisfaction as we navigate through some of our feelings, thoughts or body sensations with more ease. Mindfulness when practiced regularly can help us be less reactive to our busy worlds and busy minds.

Some of the health benefits may include: lower stress, lower anxiety, protection against depression, improved blood pressure, improved sleep, and improved concentration.

Almost everything will work again if you unplug it for a few minutes. Including you.

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.

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/>



**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.

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

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

Rachael at 250-804-9617 or email rachael.runge@cmha.bc.ca





A perfect way to get through the cold days of winter, find some warmth in some art making and connection. You don't need any previous art experience to join this group, just an open mind and willingness to give it a try.

Each week there will be a new art activity to try alongside others on an online group meeting space. If you are thinking of joining and have some questions, give me a call and I'll be happy to connect and fill you in.

Thank you to those who are keen to be a part of the 'Make My Day' project, we are off to a good start!

'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.

To sign up for 'Creative Connection'
contact Nanika,
cell phone 250 804-5628 or
e-mail nanika.albricht@cmha.bc.ca



Good News Thursday
on zoom
9:00 – 9:30am
starting February 4

This is a forum for positive and inspiring stories to help put a smile on your face and increase your well-being.

Join Paivi and Christina in a casual conversation and share some good news. The good news can be personal, from your community or from around our beautiful globe.

To get a zoom link, email Paivi: paivi.sarre@cmha.bc.ca



If you are interested in birding, please contact
Rachael at 250-804-9617 or
email rachael.runge@cmha.bc.ca

Our Journaling Time Fridays 10:30 – 10:30am



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 A Happy Valentines Day!

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 soon!

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 250-832-8477 ext. 103
or email paivi.sarre@cmha.bc.ca

Lemon Dill Chicken

Carol S.



Ingredients

- 4 boneless, skinless chicken breasts, (1-1 1/4 pounds)
- Salt & freshly ground pepper, to taste
- 3 teaspoons extra-virgin olive oil, or canola oil, divided
- 1/4 cup finely chopped onion
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 2 teaspoons flour
- 2 tablespoons chopped fresh dill, divided
- 1 tablespoon lemon juice

Directions

- **Step 1**
Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
- **Step 2**
Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.
- **Step 3**
Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.



Ingredients

- 1/2 lb. fresh strawberries
- 2 Tbsp granulated sugar
- 4 oz. cream cheese, room temperature
- 1 Tbsp lemon juice
- 1 cup heavy whipping cream
- 1/2 cup powdered sugar
- 1/2 tsp vanilla extract
- 2 graham crackers
- 1 Tbsp butter
- 1/2 Tbsp brown sugar

Directions

1. Wash the strawberries well, remove the stems, then slice them. Place the sliced strawberries in a bowl, add the granulated sugar, and stir to combine. Let the strawberries sit while you prepare the rest of the dish, stirring them occasionally to help draw out the juices.
2. In a separate bowl, begin whipping the heavy whipping cream on high speed with a hand mixer or stand mixer. When it becomes thick and fluffy, but is not yet forming peaks, add the vanilla extract and powdered sugar. Start on low speed until the powdered sugar is incorporated, then switch to high speed and continue to whip until the whipped cream forms stiff peaks.
3. In a separate bowl, combine the cream cheese and lemon juice. Use a hand mixer or stand mixer to whip the cream cheese and lemon juice together until soft and creamy.
4. Add the whipped cream to the bowl of whipped cream cheese, then whip the two together until evenly combined.
5. To make the graham cracker crust, place the graham crackers in a zip top bag and use a heavy object to crush the crackers until they are in fine crumbs. Melt the butter in a small bowl, then add the graham cracker crumbs and brown sugar, and stir until combined.
6. To assemble the no bake cheesecakes, divide the graham cracker crumbs between two jars, glasses, or other small containers. Next add the cheesecake filling, then top with the juiced strawberries (making sure to add a couple spoonfuls of the strawberry juice with the berries). Enjoy immediately or refrigerate until ready to eat!

Tzatziki Dip

Lonnie W.



Ingredients

- 500 ml sour cream
- ½ English cucumber (de-seeded and grated)
- 3 – 4 cloves (grated)
- 1 – 2 tablespoons lemon juice
- 1 – 2 teaspoons chopped dill
- Salt and Pepper

Place in bowl, cover, and chill.
Serve with Pita Bread.

Pita Bread

Lonnie W.

Ingredients

- 1 ¾ cups whole milk – warm it for 30 seconds in the microwave
- 2 tablespoons olive oil
- 3 cups flour – bread flour is a high-gluten flour – can be found in most supermarkets next to the other flours. You can also try making these with all purpose flour, but I had the best luck with bread flour.
- 1 ½ teaspoon sugar
- ¾ teaspoon salt
- 2 teaspoon instant yeast



Directions

- Heat the milk
- Add oil and sugar to the milk
- Add instant yeast
- Mix, add salt and flour
- Mix until dough is in a ball
- Cover with a clean kitchen towel and allow to rest for 10 minutes.
- Divide dough into 10 – 12 portions.
- On lightly floured surface, use a rolling pin to roll each ball into 5 – 6 inch circles.
- Cover dough and let rise about 30 minutes or until slightly puffed. It is best to find a warm, draft free spot for this.
- On a greased baking sheet arrange 5 – 6 dough rounds. Bake in bottom of a 450 F oven for 3 – 5 minutes (3 minutes may be perfect for this) or until bread is puffed. Remove from oven. Place on olive oiled skillet; add a dash of seasoning salt, and brown. Do this on both sides.
- Enjoy!

Best Ever Hummus Recipe

Lonnie W.

Ingredients

- 3 garlic cloves
- 2 teaspoons coarse salt
- 1 (19 ounce) can garbanzo beans, drained
- 3 tablespoons tahini (sesame-seed paste)

- 3 tablespoons lemon juice
- 1 tablespoon honey

Directions



- Mash garlic with the salt in a small bowl. Place into a blender or food processor along with the garbanzo beans, lemon juice, honey and enough water to cover the beans. Process until smooth. Spoon into a serving dish and drizzle 2 tablespoons of olive oil over the top.
- Preheat oven to 400 F. Brush pita breads with remaining olive oil and cut into wedges. Season with salt and fresh rosary. Bake for 5 minutes in the preheated oven. Cool and serve with hummus.
- Can also serve hummus with a mixed veggie tray!

Snow Ice Cream

Carol S.

Ingredients

- 1 gallon snow
- 1 cup white sugar
- 1 tablespoon vanilla extract
- 2 cups milk



Directions

When it starts to snow, place a large, clean bowl outside to collect the flakes. When full, stir in sugar and vanilla to taste, then stir in just enough milk for the desired consistency. Serve at once.



Snow Ice Cream

Carol S.

Ingredients

- 12 – 14 heaping cups of fresh, clean snow
- 14 oz can sweetened condensed milk

Directions

- Bring the clean fresh snow inside in a large mixing bowl.
- *12 heaping cups for sweeter and creamier snow ice cream
- *14 heaping cups for less sweet and fluffier snow ice cream
- Pour the sweetened condensed milk over the snow.
- Stir vigorously until the snow starts to clump into ice cream (snow cream).
- Serve immediately before it melts!

Notes – Optional Add Ins

- Add in sprinkles or serve them over top.
- Stir in 1 tsp vanilla extract for additional flavour.
- Stir in ½ tsp almond extract for a sweet almond flavour.



Hudson Thrift Shoppe



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

We finally have our very own bags! Come and check them out and get yours. They are on sale now for \$4.



Fridays continue to be our special sales days. Lots of good deals to be had ... we have everything from clothing and shoes to jewelry, houseware and more.

In preparation for our Spring Changeover, we are having a **Giant Bag Sale on February 26th.**

Opening with all new stock on Wednesday, March 3rd.

Wishing you a warm and cozy winter.

"Thrift shopping is all about
Going into the thrift shop
and
Having no expectation of
what
You might find'.
– Nancy Fernandes

PARTICIPANT FUNDING



Applications Due February 17

Application Forms Available from
The Hudson Thrift Shoppe
Tuesday to Friday 10:00am – 3:00pm

or

by requesting an application by email
participant.funding.sr@cmha.bc.ca

Return Applications to
Thrift Shoppe

or

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

Please be sure to attach to the application

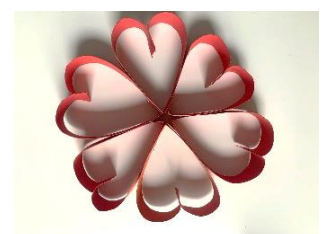
- **Course or Activity Description**
and
- **Fee Schedule from the Organization**

Applications cannot be processed without this information

Valentine Card Using Bubble Wrap



Heart Paper Chains



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://discoverycollegekelowna.com/courses/>

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
CALGARY

<https://recoverycollegecalgary.ca/courses>

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
Wood Buffalo

www.recoverycollegewoodbuffalo.ca

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
LETHBRIDGE

<https://recoverycollegelethbridge.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**



Random Acts of Kindness Day

Wednesday February 17

Do something nice for someone ...
unexpectedly and without
explanation!

Some ideas to celebrate "Random Acts of Kindness Day":

- Pay it Backward: buy coffee for the person behind you in line.
- Compliment the first three people you talk to today.
- Send a positive text message to five different people.
- Post inspirational sticky notes around your neighbourhood, office, school, etc.
- Tell someone they dropped a loonie (even though they didn't). Then give them the loonie.
- Donate old towels or blankets to an animal shelter.
- Surprise a neighbour with freshly baked cookies or treats!
- Let someone go in front of you in line who only has a few items.
- Leave unused coupons next to corresponding products in the grocery store.
- Leave a note on someone's car telling them how awesome they parked.
- Write a kind message on your mirror with a dry erase marker for yourself, your significant other or a family member.
- Say hello to five strangers.
- Practice self-kindness and spend 30 minutes doing something you love today.
- Write a gratitude list in the morning and again in the evening.
- Return shopping carts for people at the grocery store.
- While you are out, compliment a parent on how well-behaved their child is.
- Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
- Send a 'Thank you' card or note to the officers at your local police or fire station, doctor's office, hospital, etc.
- Leave a box of goodies in your mailbox for your mail carrier.
- When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!

if we all do
one random act of
kindness daily
we just might set
the world in the
right direction

martin kornfeld