



March 2020

# CLUBHOUSE NEWSLETTER

*Weekly Calendar Will Be Posted at  
Clover Court – Come Check It Out*

Brought to you by

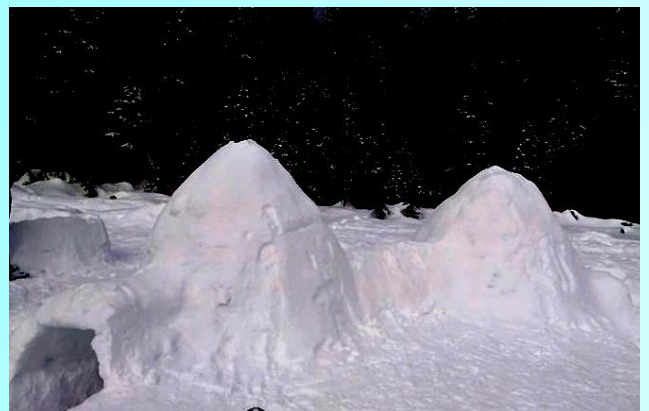


**Canadian Mental  
Health Association**  
Shuswap-Revelstoke  
*Mental health for all*

- A PERSONAL ACCOUNT HOW TO LIVE WITH CHRONIC PAIN
- RECYCLE
- JOIN WILSON AT THE GYM
- SOCIAL REC
- KITCHEN GOODIES
- WE ARE ON THE MOVE TO CLOVER COURT DURING RENOVATIONS
- ART CORNER
- COMMUNITY ENGAGEMENT
- 
- and MORE

Our Culture, Our Community, Our Programs!

## Snow Day at Larch Hills



*A great time was had by all ...  
Participants enjoyed  
snowshoeing, playing games and  
crocheting!*

*The chili lunch was excellent!*

*Photos contributed by Eiko and Abby*



# SOCIAL REC

In preparation for the renovations to the Clubhouse you will see staff and volunteers packing up the Clubhouse – this may cause some inconvenience – we do apologize!

If you have not done so already, **please** take home your personal items – we have limited storage options!

## CLUBHOUSE CALENDAR

With the renovations getting underway  
A Weekly Activity Schedule Will be Posted at  
Clover Court

If you would like to have the Schedule Emailed to  
You, send your email address to  
[newsletter.sr@cmha.bc.ca](mailto:newsletter.sr@cmha.bc.ca)



## MONDAY MARCH 2 to FRIDAY MARCH 6 PACKING UP THE CLUBHOUSE

- \* No Programs \*
  - \* No Lunches \*
- Come Help Us Pack

*Goodbyes are not forever  
Goodbyes are not the end*

*We are leaving the Clubhouse for  
Clover Court for a short time*

*To return to a new paradigm*



If there can be some  
paradigm shift thing  
that you can be part  
of, that's cool

## FRIDAY MARCH 6 LAST DAY AT CLUBHOUSE

Come Join The Fun  
"END OF AN ERA ... NEW BEGINNINGS"

You are invited to ...  
acknowledge, celebrate and appreciate  
all the amazing Clubhouse memories *together*  
...and know that when we return, it may look and feel  
different!

## MONDAY MARCH 9 NO CLUBHOUSE ACTIVITIES SCHEDULED

*We will be setting up Clover Court*  
**Anyone Who Wants to Help Out is Welcome**  
**To Come at 9:00am**

## TUESDAY MARCH 10 CLOSED – STAFF TRAINING

## WEDNESDAY MARCH 11 FIRST DAY AT CLOVER COURT

9:00am to 1:00pm  
51 – 9<sup>th</sup> Avenue SE  
Please Park on 9<sup>th</sup> Avenue or Shuswap Street!

## FRIDAY MARCH 13 CLOSED – STAFF TRAINING

## TUESDAY MARCH 17 CLOSED – STAFF TRAINING

## TVP & PARTICIPANT FUNDING CHEQUES



**March cheques will be available beginning March 5<sup>th</sup>.** Cheques will be available from the CMHA Reception on Monday 9:00am – 12:00pm and 1:00 – 3:00pm, Tuesday 8:30am – 12:00pm, Wednesday and Thursday mornings as well as Wednesday 8:30am – 12:00pm and 1:00 – 4:00pm, Thursday mornings 9:00am – 12:00pm. Additionally cheques can be picked up on cheque issue date Thursday afternoon 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.

## **A Personal Account of How to Live With Chronic Pain**

Kathryn S

The following article is only a combination of suggestions that work for me, however, I think, well worth sharing with others.

My journey through Chronic Pain has been long and arduous and I am sure that many fellow CMHA Members have similar stories. We try everything, suggestions from our Doctors, Acupuncture, Massage Therapy, Relaxation Therapy, Exercise, Pain Management Medications, the list is long and ongoing. We endure and hope for a miracle some days. In the meantime there are many things we can do to help us get through and live a full life.

I had to give up on prescription narcotics as I became addicted to them, I did quit "cold turkey" seven years ago and never want to go through that again. That meant I had to find an alternative quickly. After my body got over that need for those drugs, it was my mind that needed working on.

Counselling and group therapy helped to a certain extent, but, what I discovered and tried for myself by trial and error, was what has helped in a more successful and lasting way.

I found that keeping busy by doing what I love or have a passion for, worked the best for me. It was a matter of re-training my mind to divert my attention from that deep hole of pain and frustration. You know, that one where we can fall down easily like Alice in Wonderland? It takes a lot of work, a long time, and is not easy, believe me. However, eventually I found that it helped.

Now when the pain becomes unbearable I make the time, notice I said "Make The Time", not "Take the Time", you do need to make that time for yourself. Call it "self-care", to use a well-known term, it is so important to accept that.

I love and have a passion for making things, jewellery, art, collage, crocheting, sewing, and numerous other crafts, including baking. As I discovered that with concentration and focusing on what I was doing, I could go a couple of hours and suddenly notice that I hadn't felt any pain, or at the very least, the pain was greatly reduced. It really does work when you set your mind to it.

Other suggestions are: having a regular schedule of exercise, no matter what, along with eating a proper diet, eating healthy foods (I know that is tough as some of us like to reward ourselves with junk food).

Keeping a positive outlook, which entails getting up each day and being grateful for what we have, being kind to one another (being kind helps as it is always returned in ways you would never expect), and smiling! Yes smiling, it really does help.

Getting washed and dressed as well as you can each day: do it for yourself, not for what you may think others will think of you.

There are no magic cures or elixirs but, there is a path you can try and follow to help yourself.

Some people may get lost in thinking that others should fix their problems for them, but, really those problems can only be fixed by ourselves.

Remember, do not think for a moment that you should "pretend" that nothing is wrong, putting on a brave face in public and not sharing when you are hurting profoundly at times, could be harmful.

Isn't that what CMHA is all about? We come to share our stories in a safe environment. There are numerous opportunities available as well as many skilled fellow members who can help you through or will help you learn a new craft or skill.

Finally, being and staying involved, is a great way to start on your journey to feeling better and just working through your chronic pain story.



**WHERE IS CLOVER COURT**



**CONTESTS RESUME  
WHEN WE ARE  
BACK IN  
CLUBHOUSE**



**March Contest  
Herb Stripper**

8 Guesses  
0 Correct Answers

**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 29<sup>th</sup> 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.



## CMHA RESILIENCY SERIES



Canadian Mental Health Association  
Mental health for all



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

In this session you will create your own wellness plan. FREE!

#### Mental Health First Aid

- \$150.00 + GST
- May 7 and 8
- 8:30am – 4:30pm

Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved. Participant Funding Available.



The Thrift Shoppe is closed March 2 and 3 for changeover.

Store reopens on Wednesday March 4 with new stock!

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!



"Change won't destroy us it will move us to a new place, with a new view to new discoveries of doing"

Taking this opportunity in the midst of change to embrace change and see what it has to offer.

**Monday's Art Group** will be exploring different resources in the community – connecting with new places and new faces.

**Meet Nanika at the posted times at the venues listed below:**

**March 9 and 23<sup>rd</sup> – Innovation Center – 1:00-3:00** – There will be a space for us and supplies to create art and socialize as well as an opportunity to learn more about what the place has to offer. Come for the tour and stay for the art!

**March 16<sup>th</sup> – Meikle Social Art House – 1:00-3:00** – Come experience the Meikle Social Art House. Paint and canvas will be provided as well as support from artist / facilitator Adam. There is a \$5.00 charge.

**March 30<sup>th</sup> Tour D'Art Salmon Arm** – Meet at the Salmon Arm Art Gallery at 1:00 for the starting location of our tour of Salmon Arm Galleries, supplies, resources and other local inspirations.

**Thursday's Music Jam** will have the opportunity to connect with others at an all new music jam on **March 12<sup>th</sup> at the Seniors Center on Hudson Street**. Bring your instrument, music, singing voice or just come join in with an openness to play along. There will be a piano, guitars, shakers, tambourines and hand drums available to play. There is a \$2.00 drop in fee.

**March 19<sup>th</sup> Salmon Arm Art Gallery** – Come out to the 'Artist Talk' and support those from the art group participating in the show. View the art and take the opportunity to meet other artists.

**March 26<sup>th</sup> Kelowna Trip** – This outing will be first offered to those presently participating in the art and music groups. We will be visiting the Kelowna Art Gallery and Opus to buy art supplies, view galleries and talk art over lunch. Bring \$ for lunch and art supply shopping. Talk to Nanika about signing up for this trip.

For more information about the above events, talk to Nanika.

*Weekly details on upcoming events and programming will be posted at Clover Court*

## Discretion and Confidentiality

In today's world some have a tendency to over share – be it about our personal lives or that of our family or friends.

Sometimes this over-sharing can cause problems, including:

- Erosion of trust and morale
- Increased anxiety and stress
- Rumors that circulate without clear information as to what is and isn't fact
- Divisiveness as people take sides
- Hurt feelings and reputations
- An unhealthy environment.

Unwritten rules of discretion and confidentiality include:

- When you talk about someone, assume that the person is in the room with you, or will read everything you post or write about them. If what you are sharing isn't complimentary and / or publicly known, it is suggested that you keep it to yourself.
- The "clubhouse" is a safe environment for all participants – a place to come for a coffee, participate in a clubhouse activity, meet up with friends and acquaintances - not for discussing the private and / or personal lives of others.
- There is a difference between small talk, sharing personal information and / or prying in to someone's life ... stick to safe topics and stay away from the personal stuff. If you ask someone a question and they are evasive or vague – take it as a sign that the person does not wish to talk about things ... let it go ... do not press for more information.
- Private cell phone calls can not only be annoying and disruptive to people around you and reveal information about you and / or the person you are talking to on the phone. Be courteous – move to a quiet area and lower your voice while on a cell phone.
- It may be tempting to interrupt and add our two cents ("nickels now) in to a conversation. Unfortunately we cannot unsay, un-post, un-tweet our opinions and observations. Discretion and self-restraint reflect kindness and maturity – trust is earned and contributes to a healthy environment.



March is here and much change is underway. As of **Wednesday March 11<sup>th</sup>** our kitchen program will be run out of Clover Court. There will be no Clubhouse programs or lunches March 2nd to 6th. Frozen meals are available for purchase.

All kitchen volunteers are asked to show up for your scheduled shifts at the Clover Court kitchen.

### Kitchen hygiene Tips of for the month

The key steps are:

1. Clean – keep yourself and work areas clean
2. Separate – keep raw meat and other raw animal products away from other foods
3. Cook – always properly cook and prepare foods
4. Chill – store foods appropriately both before and after cooking

### **CHICKEN VEGETABLE STIR FRY**

Ingredients - for 6 servings

- 1 lb chicken breast (455 g), cubed
- salt to taste
- pepper to taste
- 1 lb broccoli florets (455 g)
- 8 oz mushroom (225 g) sliced
- 3 tbsp oil for frying

Sauce

- 3 cloves garlic minced
- 1 tbsp ginger minced
- 2 tsp sesame oil
- 1/3 c reduced sodium soy sauce (80 mL)
- 1 tbsp brown sugar
- 1 c chicken broth (240 mL)
- 1/4 c flour (30 g)

Preparation

1. In a large pan on medium-high heat, add 1 tablespoon of oil. Once the oil is hot, add chicken, season with salt and pepper, and sauté until cooked through and browned. Remove cooked chicken from pan and set aside.
2. In the same pan, heat 1 tablespoon of oil and add mushrooms. When the mushrooms start to soften, add broccoli florets and stir-fry until the broccoli is tender. Remove cooked mushrooms and broccoli from the pan and set aside.
3. Add 1 tablespoon of oil to the pan and sauté garlic and ginger until fragrant. Add the remaining sauce ingredients and stir until smooth.
4. Return the chicken and vegetables to the saucy pan, stir until heated through.
5. Serve with hot rice or noodles.

A special thank you to all the volunteers, participants and staff that keep our kitchen running smoothly!

# MEN'S GROUP

Meets at 4<sup>th</sup> Ave on the 2<sup>nd</sup> and 4<sup>th</sup> Friday – 1:00 – 3:00pm at 4<sup>th</sup> Ave.  
This month's dates are  
**March 13<sup>th</sup> and 27<sup>th</sup>.**

Join Jonathan and others for fellowship and activities.  
For more information Please contact Jonathan at 4<sup>th</sup> Avenue (250 832 8477 – extension 131).

## Cloth, Paper, Scissors



Welcome to our group, "Cloth, Paper, Scissors" - Fridays 1:00 to 3:00 pm. We are currently looking at options for a venue during clubhouse renovations! If you are interested in

finding us - email newsletter.sr@cmha.bc.ca or check out the weekly schedule at Clover Court.

### Participant Services Office Hours at Clover Court

- Mondays** 9:30am – 11:30am  
Kim – Participant Liaison
- Tuesdays** 9:30am – 11:30am  
Carol – Participant Funding Coordinator
- Wednesdays** 9:30am – 11:30am  
Kim – Participant Liaison
- Thursdays** 9:00am – 1:00pm  
Sara – Peer Support Coordinator
- Fridays** 9:30am – 11:30am  
Nicola – Participant Funding Coordinator



### Mar 8, 2020 - Daylight Saving Time Starts



**SPRING FORWARD**

When local standard time is about to reach Sunday, March 8, 2020, **2:00:00 am** clocks are turned **forward** 1 hour to Sunday, March 8, 2020, **3:00:00 am** local daylight time instead.



## CMHA HEROES

Thank you to our Volunteers who work so hard in ensuring that the Thrift Shoppe runs well while upholding the wellness culture.

What do you do if a customer complains about the prices? Thank you so much to Jenna for taking the time to explain to a customer who expressed some concerns regarding Silent Auction items. Jenna explained in a very calm manner that money raised funds programs that promote wellness for people with mental illness. People who cannot afford to go swimming, the gym and other social recreation activities are supported by the funds raised. Thank you Jenna for representing the store in a way you did. Thank you again for upholding the wellness culture.



Anthony A

Recycling is something that is forefront in everyone's minds these days. However, CMHA has been involved in recycling for a long while. Starting in my first days at CMHA, back in the late 80's, we had a contract working for the CSRD. Volunteers get experience working for a worthwhile cause.

The City of Salmon Arm has new bylaws referenced to address the amount of plastics going into the land fill. Our Thrift Shoppe has recently implemented a Paper Bag Sale, with paper bags made out of recycled materials which are biodegradable. I hope we can continue to lead in the practice of recycling, Kudos to everyone who is helping to recycle.

### WHERE CAN I FIND

**Time Sheet** – Due Dates March 27/28 April 24/25

- Reception – Fill Out and Leave in Reception
- Thrift Shoppe – Fill Out and Leave at Thrift Shoppe
- Peer Support and other TVP – Fill Out and Leave at Clover Court

### Participant Funding Applications

- Clover Court / CMHA Reception
  - Complete and Drop Off at above locations
    - On or before March 18, April 22

**CMHA Clubhouse and Peer Referral Forms**  
Clover Court / CMHA Reception

