

AUGUST 2019

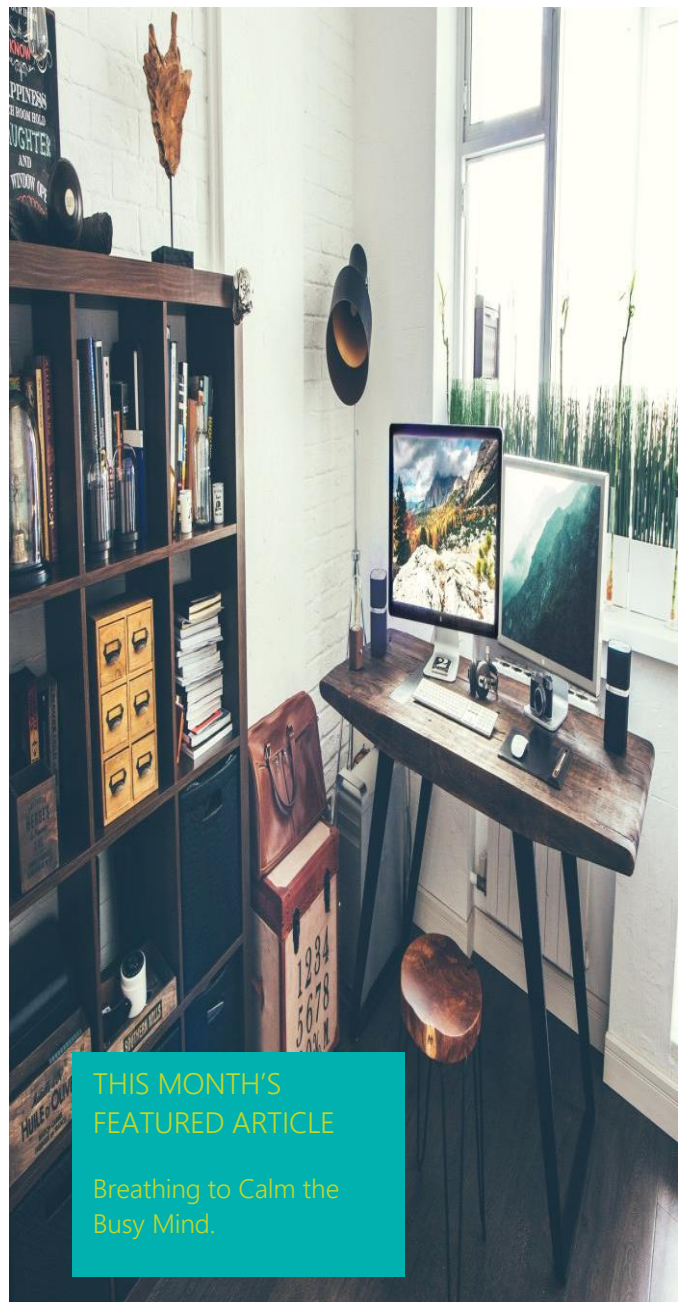
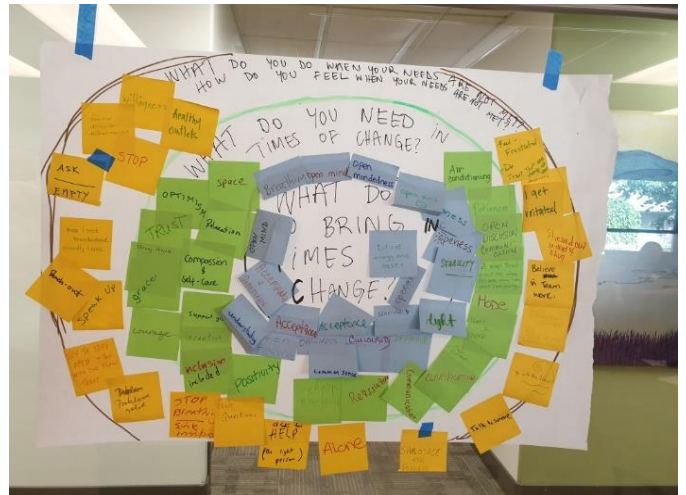
# CLUBHOUSE NEWSLETTER

Calendar Inside!

Brought to you by CMHA  
Shuswap-Revelstoke

- SOCIAL REC
- CHANGE IN CLUBHOUSE HOURS IN AUGUST
- 4-7-8 BREATHING
- KITCHEN GOODIES
- COMMUNITY COLLABORATION: SHUSWAP HOSPICE
- ART CORNER
- PEER SUPPORT
- PARTICIPANT SERVICES

Our Culture, Our Community, Our Programs!





## Social Rec

- **Morning Stroll.** Friday Mornings at 9:30-10:00. Come out and enjoy a gentle stroll through the parks and streets closest to CMHA.

### Morning Walk

- **Nature Walks.** Thursday August 15<sup>th</sup> - 10:00am. Meet in the clubhouse.



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- **Wellness BINGO.** Friday August 2<sup>nd</sup>, 9:30-10:00. Join us for Wellness BINGO.

- **Picnic in the Park.** The clubhouse lunch will be a picnic lunch served at the water front park at 11:30 on Friday, August 16<sup>th</sup> with frisbee and bocce activities to follow. Regular sign up and payments required.



- **Connections.** August 14th, 5:00-7:30-Something special for the last Connections of the summer. Bring your pet.....Yes I said pet.....and come on down to CMHA for a BBQ in the parking lot followed by some outdoor activities! This is a free event with rides home provided at the end of the evening.

- **Drop In:** **August 6<sup>th</sup>** - Clubhouse Activity. This is a FREE event with rides home provided. No sign-up required

**August 27<sup>th</sup>**- We are heading to SCANDIA!! Mini golf, go-karts and arcade are all included in one fabulous trip to Kelowna. Cost is \$13.00 and you must pay and sign up before attending this event. There are limited seats available so don't wait to get your tickets. The van leaves at 1:00 and returns at 7:30. Please be sure to bring spending money for refreshments.

- **Journaling.** Come join our journaling group each Friday morning, 10:30-11:00. "Journaling is like whispering to one's self and listening at the same time." Mina Murray. Journaling in the park is on Friday, August 16<sup>th</sup>.



- **Mindfulness.** Is cancelled for the month of August and will resume in the fall.

- **Race Your Mouse Day**

Did you know that August 28<sup>th</sup> is "Race your mouse day"? In honour of this most auspicious day we are hosting the first annual CMHA Mouse Race. You can be as creative as you like but your mouse must be no larger than 6" long, 4" wide and 4" tall.



Your mouse must be powered manually ... sorry no live, electric or gas powered mice will be permitted. Bring your mouse to the clubhouse ... ha ha ha ... that rhymes ☺ ... race time is at 11:00. Don't want to build a mouse.....come on down and cheer others on!



Would you like to enjoy the satisfaction that can be found in growing one's own food? Meet at the clubhouse at 9:30 on Tuesday August 6 and 27<sup>th</sup> as well as Monday August 12<sup>th</sup> and 19<sup>th</sup>. Bring appropriate footwear, gloves and water to drink. We will soak up the early morning sunshine and reap the benefits of what we sow.....literally. This is a free event and transportation is provided. Sign up in the clubhouse.



Crafts are on Fridays from 1:00 – 3:00pm.

Anyone can use the craft room on any day.



Wood Shop on Mondays and Saturdays is on a hiatus for the month of August.

Check out the September newsletter to see when Wood Shop will start back up!



**The Clubhouse Will Be Closed All Day**

**Monday August 5<sup>th</sup> – BC Day**

**Tuesday August 13<sup>th</sup> and Tuesday August 20<sup>th</sup> – Staff Training**

# TAKE A DEEP BREATH. IT CALMS THE MIND.

## Participant Services Office

by Kim

Hello from the Participant Services office. The office has been busy this last month brainstorming and planning the changes coming to the clubhouse. I'm sure you've already heard that Clubhouse is transforming to a wellness centre – something that other CMHA's across the country are doing. Mornings will continue on drop-in basis as before, followed by lunch. Afternoons will have workshops and programs, like music, art, cooking etc. Wednesday afternoons in August are dedicated to program planning. As always, participants input is welcomed. We are living in exciting times. Join us 1:00-3:00 pm in co-creating our future!

Coming up, there are a few **volunteer opportunities**. Participant Advisory Council, PAC, has two openings. PAC meets four times a year, with the next meeting being August 21 at 10:30 am. If you are interested in finding out more or sitting in on the meeting, let me know. The role of the PAC is to facilitate communication between participants and staff in the clubhouse program. PAC is not a decision making group; we are an advisory council as the name suggests.

There are also two volunteer coordinator positions open. One is for the Peer Support program and the other for the Participant Funding program. Watch for the postings on the opportunities board. They are coming soon.

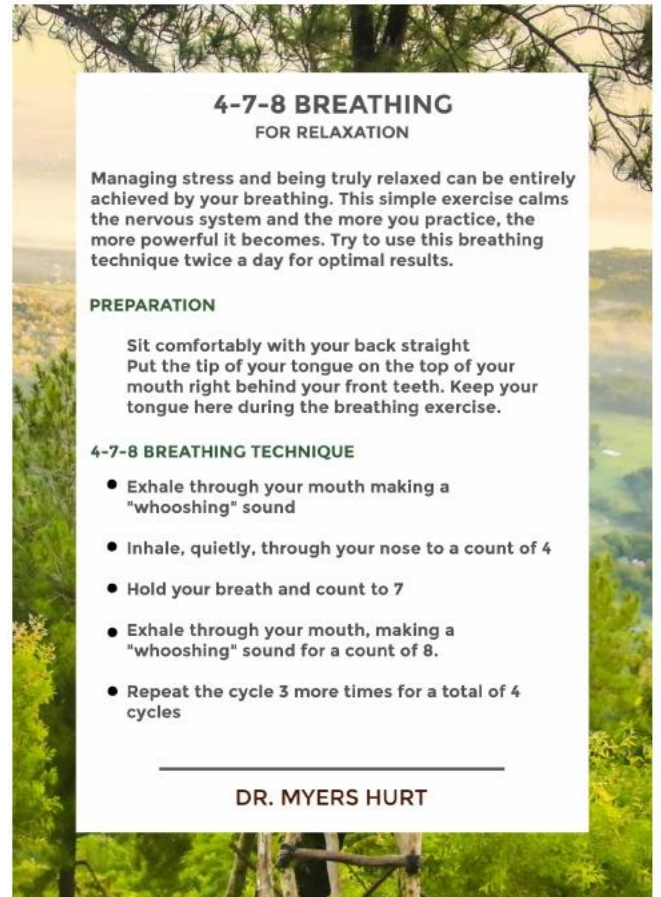
This is a good time to get involved and be part of the participant services! If any questions, talk to me (Kim) or Paivi.

## 4-7-8 Breathing for Anxiety or Helping You Get to Sleep

by Carol

The 4-7-8 breathing technique requires a person to focus on taking a long deep breath in and out which with practice can help achieve the following

- Reduce anxiety
- Decrease fatigue
- Fall asleep faster
- Manage craving
- Reduce symptoms of asthma
- Lower stress levels
- Control or reduce anger responses
- Reduce hypertension
- Improve migraine symptoms.



A person may feel lightheaded doing this the first few times so it is advisable to position one's self to prevent a fall.

If you find it difficult to hold your breath for 7 seconds, use the following sequence

- Breath in through the nose for 2 seconds
- Hold the breath for a count of 3.5 seconds
- Exhale through the mouth for 4 seconds.

The correct ratio is important!

One should start feeling the benefits by using the technique at least twice a day. It is important to practice the correct ratio and cycle before increasing the number of breathing cycles per day.

Remember, as long as you are *breathing* it's never too late to start a new beginning

## Interested in Learning New Skills?

Interested in volunteering in the Kitchen? Interested in learning how to prepare meals, learn new recipes, more about food safety? Kitchen Volunteers eat free the day they help prepare the meal. Talk to staff about opportunities in the Kitchen.

### Mediterranean Grilled Vegetable Pizza

1 large red (orange or yellow) bell pepper chopped  
 8 oz cremini (or other) mushrooms  
 2 small zucchini, chopped  
 1 tbsp olive oil  
 2/3 c pizza sauce (store bought or homemade)  
 1/3 c sun-dried tomato pesto  
 2 10 – 12 inch thin multigrain pizza crusts  
 1/3 c sliced or chopped black olives  
 1 c shredded part-skim mozzarella cheese  
 1/2 c crumbled light or regular feta cheese  
 2 tbsp minced fresh oregano  
 freshly ground black pepper (optional)

Pre-heat grill to medium-high heat and oven to 425 F.

In a large bowl, toss bell peppers, mushrooms, zucchini and onions with olive oil. Transfer to a grill basket and grill until tender with nice grill marks, stirring often (about 10 to 12 minutes). Cool slightly and chop veggies smaller (so you don't have big chunks on your pizza). You can brown veggies in a fry pan – use high heat, do not steam (may have to do veggies in small batches – as you only want a single layer of veggies covering the bottom of the frying pan).

In a small bowl, mix together pizza sauce and pesto. Spread over crusts. Top with veggies, olives, mozzarella and feta.

Bake pizzas in preheated oven directly on middle oven rack for 10 minutes, or until cheese is bubbly and crust is lightly browned. Sprinkle with fresh oregano and top with freshly ground black pepper, if using. Serve immediately.

Makes two pizzas, 8 slices each.

“Before you pass judgement on one who is self-destructing, it is important to remember they usually aren't trying to destroy themselves. They're trying to destroy something inside that doesn't belong.”

JM Storm

Let's end the stigma!

## Awakening the Spirit Art Show



Congratulations to the five amazing artists – Eiko, Daniel, Karen, Sherri and Stephen who participated in 'Awakening the Spirit' art show in Vernon.



## Thrift Shoppe

by Jackie



Thank you to all the volunteers who have been working so hard in ensuring that the Thrift Shoppe runs smoothly. It has been amazing getting to know you all.

The store is always looking for volunteers. If you'd like to be a store volunteer or know more of the store volunteer opportunities, come and talk to me. By volunteering in the store, you can build your resume by gaining experience in areas like:

- 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 debit machine etc.)

Did you know there is a National Thrift Shoppe Day? This year it falls on Saturday August 17th. Look out for specials on that day. Regular sales continue on Fabulous Fridays with either 2-for-1 sales or the ever popular \$4 Bag Sale on the last Friday of the month. Please note that the store donation bin is now closed on Saturdays.

NEW ...



The Thrift Shoppe has an **Instagram** account – check it out ... #hudsonthriftstore



Jen from the Shuswap Hospice Society will be visiting the Clubhouse on Thursday, August 15<sup>th</sup> at 9:30am to introduce us to the services and programs that hospice provides the community and to answer our questions about hospice. Everyone is welcome. Join us for this enlightening session!

## Peer Support

by Sara



### Fun things to do with your Peer this summer!!!!

Music! Wednesday on the Wharf is happening at 7:00 pm at the waterfront park. Bring a lawn chair or a beach blanket and hang out on the grass. Enjoy free entertainment and watch the children dancing.

Connections at the Clubhouse happens the Wednesday before the ministry cheques come out and it includes a free dinner, connecting with others and enjoying games, activities and outings. Be at the Clubhouse by 5 pm. Connections ends @7:30 with rides home provided within the city.

Drop In happens on some Tuesdays from 4:00 to 7:30pm. We get together and play games, go for walks, cook snacks and meals. Nights can be lonely so it's a great opportunity to join in the fun.

Up ahead we have a trip to Scandia in Kelowna!!! Watch for the poster in the Clubhouse. There is mini golf, video games and go carts. There will be a fee so just watch for the poster so you can sign up and pay as soon as you can that way you are all in.

Enjoy the summer!!!!!!!

## Reach 4 Life



Take a first step into the week with some easy stretches and moves – Mondays 9:30am beginning August 12<sup>th</sup> with Nanika.

We will focus on connecting to breath, body and a positive outlook.

All are welcome, come as you are leave on a good note and ready for a successful week ahead.

## Beach Day Highlights

- Enjoyed the peace, tranquility, water and waves
- Water was shocking when I first stepped in but was refreshing ... discovered a pair of sunglasses with my toes
- Caught a fish
- Fun, very relaxing
- Food was excellent ... rice Krispie squares, potato salad (best I ever had), etc.
- Impressed with the bravery of those in the water
- Games were good – enjoyed the snowball fight / game (wrote 2 things about self on a piece of paper, crumpled the paper, threw the snowballs at each other, collected snowballs, shared what was on the paper and tried to guess who wrote what was on the paper)
- Good company and good visits with everyone
- Weather held up while we were at the park



## Music Jam



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.

## Thank You

Thank you to Carol for bringing 'Yard Art' to the art group. We will be carrying it over into August along with creating Mosaics for those of you who did not get a chance to participate.

Thank you to Kazuko Uehara (Artist's Name - Kokaku) for bringing us a lesson in Japanese Calligraphy. What a special treat for us to have you on your visit from Japan.

## Mixed Media Art Show

Come check out the new 'mixed media' art show on display in the clubhouse.

## Art Studio

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.

## Art Quest

We will be exploring in mosaics during August. Bring your ideas and plates and mugs to smash up for your designs. Some supplies will be provided, like ceramic pieces, grout, and surfaces to work on. Hope to see you there. Come let the art out of the box!

you are  
amazing

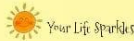
REMEMBER THAT.

FALLING DOWN IS AN  
ACCIDENT; STAYING  
DOWN IS A  
CHOICE.

Your Life Sparkles

Diversity is having a seat  
at the table, inclusion is  
having a voice, and  
belonging is having that  
voice be heard.

WHEN YOU  
CAN'T FIND  
THE SUNSHINE,  
BE THE  
SUNSHINE!



cultivate  
kindness



**TUESDAY  
AUGUST 27<sup>th</sup>**

Yippee! We are going to Scandia!

Leave the Clubhouse at 1:00 - return at 7:30

**Cost: \$13.00**

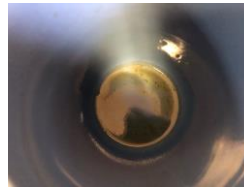
*Includes 1 round of mini golf, 6 tokens  
and Go-Karts*

*Please note that tickets for this event  
are on sale now  
and are non-refundable.*

We are limited to a total of 9 participants and the event will be cancelled if there are less than 5 participants signed up.

Transportation is provided. Please purchase your ticket in the clubhouse from any of the staff.

**AUGUST'S  
WHAT IS IT?**



Enter Your Guess  
With Your Name

Contest Box  
located on a table  
in the  
Clubhouse

June's Contest  
Tin Foil Roll

6 Guesses  
2 Correct Answer

Congratulations  
**Jenny S**  
See the Kitchen for  
Your Free Cookie

Keep Your Guesses  
Coming



PEER SUPPORT

**Is Peer Support  
For You?**

Are you looking for someone to talk to? Come to clubhouse activities with? Go out to the movies or other community activities? Peer Support may be for you.

**Peer support mentors** are clubhouse participants who have experienced a mental health issue, are doing well, and can understand where **you** are coming from.

**For more information talk to Sara  
Volunteer Peer Support Coordinator**



**Participant  
Funding Available**

**Applications Due: August 21  
Meeting: August 28 at 12:45pm**

This Fiscal Year Funding Has Been Approved for  
Aquafit Passes, Bowling, Fitness Passes,  
Flute Lessons, Golf Passes, Gym Passes, Karate,  
Movement Through Awareness  
Pool Passes, Tai Chi, Yoga

**Need funding to participate in an activity?  
See Carol, on Tuesday mornings,  
in the Participant Services Office**

## August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
<p><b>Hudson Thrift Shoppe has an Instagram Account</b> check it out <a href="#">#hudsonthriftstore</a></p> <p><b>Have You Paid For Your Tickets for Scandia?</b> Tuesday August 27th <b>Sign Up Required</b></p>	<p>Stretching is Now <b>Reach 4 Life Mondays at 9:30am</b></p> <p><b>August Connections Is a PARKING LOT BBQ</b></p> <p><b>Bring Your Well Behaved Pet</b> <i>Animals to Be Leashed and in Control at ALL TIMES</i></p>	<p><b>The Shuswap Hospice Society</b> will be our guest on <b>Thursday August 15th at 9:30</b> <i>Join Us &amp; Learn About the Services Hospice Offers Our Community</i></p> <p><b>Music Jam Thursdays - 1:30pm</b> <i>Bring An Instrument Borrow An Instrument Sing-Along Or Just Listen &amp; Enjoy</i></p>	<p style="text-align: center;"><b>Aug 1</b></p> <p>Nature Walk - 10:00 - 11:30am</p> <p>Beef Stir Fry - 12 noon</p> <p>Art 101 - 1:30pm Music Jam - 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm</p>	<p style="text-align: center;"><b>2</b></p> <p>Fabulous Fridays 2 for 1 Thrift Store</p> <p>Good News Fridays - 9:00am Morning Stroll 9:30 - 10:00am Wellness Bingo - 9:30am</p> <p>Journaling 10:30 - 11:00am</p> <p>BBQ Hamburgers - 12 noon</p> <p>Fabric and Yarn - 1:30pm</p> <p style="background-color: yellow;"><b>Clubhouse Closes at 3pm</b></p>	3/4
<b>Clubhouse Closed BC Day</b>	<p>Coffee Talk - 9:00am</p> <p>Community Garden 9:30am</p> <p>Mac &amp; Cheese 12 noon</p> <p style="background-color: yellow;"><b>Clubhouse Closes 1:00pm</b></p> <p>Drop In - Clubhouse Activity - 4:00pm - 7:30pm - Rides Home Available (In Town Only)</p>	<p>Coffee Talk - 9:00am</p> <p>Chicken Caesar Salad - 12 noon Program Planning 1:00 - 3:00pm</p>	<p>Chili and Bun - 12 noon</p> <p>Art 101 - 1:30pm Music Jam - 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm</p>	<p>9</p> <p>Fabulous Fridays 2 for 1 Thrift Store</p> <p>Good News Fridays - 9:00am Morning Stroll 9:30 - 10:00am Journaling - 10:30 - 11:00am</p> <p>Hot Dogs Potato Salad - 12 noon Men's Group 1:00 - 3:00pm</p> <p>Fabric and Yarn - 1:30pm</p> <p style="background-color: yellow;"><b>Clubhouse Closes at 3pm</b></p>	10/11
<p>12</p> <p>Reach 4 Life - 9:30am</p> <p>Community Garden 9:30am</p> <p>Best Ever Vietnamese Summer Rolls - 12 noon</p> <p>Art Quest - 1:30pm</p>	<p>13</p> <p>Thrift Shoppe Open</p> <p style="background-color: yellow;"><b>Clubhouse Closed All Day Staff Training</b></p> <p>No Drop In</p>	<p>14</p> <p>Coffee Talk - 9:00am</p> <p>Grilled Ham and Cheese &amp; Fresh Veggie Sticks - 12 noon Program Planning 1:00 - 3:00pm</p> <p>Connections - BBQ in the Parking Lot - Bring Your Pet - 5:00pm Rides Home Available</p>	<p>15</p> <p>Visit with the Shuswap Hospice Society 9:30am</p> <p>Nature Walk - 10:00 - 11:30am</p> <p>Pork Kabobs and Greek Salad - 12 noon</p> <p>Art 101 - 1:30pm Music Jam - 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm</p>	<p>16</p> <p>Fabulous Fridays 2 for 1 Thrift Store</p> <p>Good News Fridays - 9:00am</p> <p>Morning Stroll 9:30 - 10:00am</p> <p>Journaling in the Park (Meet at Clubhouse) - 10:30 - 11:00am</p> <p>Picnic in the Park 12 noon</p> <p>Fabric and Yarn - 1:30pm</p> <p style="background-color: yellow;"><b>Clubhouse Closes at 3pm</b></p>	17/18
<p>19</p> <p>Reach 4 Life - 9:30am</p> <p>Community Garden 9:30am</p> <p>Spaghetti &amp; Meatballs 12 noon</p> <p>Art Quest - 1:30pm</p>	<p>20</p> <p>Thrift Shoppe Open</p> <p style="background-color: yellow;"><b>Clubhouse Closed All Day Staff Training</b></p> <p>No Drop In</p>	<p>21</p> <p>Participant Funding Applications Due</p> <p>Coffee Talk - 9:00am</p> <p>PAC - 10:30am</p> <p>Smokies and Perogies - 12 noon Program Planning 1:00 - 3:00pm</p>	<p>22</p> <p>Lasagna Roll Ups &amp; Salad - 12 noon</p> <p>Art 101 - 1:30pm Music Jam - 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm</p>	<p>23</p> <p>Fabulous Fridays 2 for 1 Thrift Store</p> <p>Good News Fridays - 9:00am Morning Stroll 9:30 - 10:00am Journaling - 10:30 - 11:00am</p> <p>Corn Salad and Tuna Lettuce Wraps - 12 noon Men's Group 1:00 - 3:00pm</p> <p>Fabric and Yarn - 1:30pm</p> <p style="background-color: yellow;"><b>Clubhouse Closes at 3pm</b></p>	24/25
<p>26</p> <p>Reach 4 Life - 9:30am</p> <p>Fish &amp; Chips - 12 noon</p> <p>Art Quest - 1:30pm</p>	<p>27</p> <p>Coffee Talk - 9:00am</p> <p>Community Garden 9:30 - 10:30am</p> <p>Pancakes &amp; Fresh Fruit - 12 noon</p> <p style="background-color: yellow;"><b>Clubhouse Closes 1:00pm</b></p> <p>Drop In - Leaving for Scandia at 1:00pm - <b>Sign Up Required</b> - Rides Home Available (In Town Only)</p>	<p>28</p> <p>Coffee Talk - 9:00am</p> <p>Race Your Mouse Day (Check the Newsletter) - 11:00am</p> <p>Pulled Pork Sandwiches and Salad - 12 noon Participant Funding Meeting - 12:30pm Program Planning 1:00 - 3:00pm</p>	<p>29</p> <p>Glory Bowl - 12 noon</p> <p>Art 101 - 1:30pm Music Jam - 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm</p>	<p>30</p> <p><b>TVP Timesheets Due (Fri / Sat)</b></p> <p>\$4 Bag Sale Thrift Store</p> <p>Good News Fridays - 9:00am Morning Stroll 9:30 - 10:00am Journaling - 10:30 - 11:00am</p> <p>BBQ and August Birthday Cake - 12 noon</p> <p>Fabric and Yarn - 1:30pm</p> <p style="background-color: yellow;"><b>Clubhouse Closes at 3pm</b></p>	31/Sept 1

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**  
**BC DAY Holiday Monday August 5**  
**BC Day Holiday Tuesday August 13 and August 20**



**Tue Aug 6 & 27**  
**Mon Aug 12 & 19**  
Leave Clubhouse at 9:30am

**DROP-IN TIMES**  
**TUESDAYS**  
**August 6 - 4:00pm (Clubhouse)**  
**August 27 - 1:00pm (Scandia)**

**wednesday night Connections**  
**August 14**  
5:00pm  
BBQ in Parking Lot - Bring Your Well Behaved Pet!

**NATURE WALK THURSDAYS**  
**August 1 & 15 - 10:00am**

**Mindfulness**  
**Cancelled in August**

**WELLNESS**



**Friday August 2**  
9:30am



**MORNING STROLL FRIDAYS**  
9:30am

**FITNESS FRIDAYS WITH WILSON**



Leave Clubhouse at 10:00am

**JOURNALING FRIDAYS**  
10:30 - 11:00am



**MENSGROUP FRIDAYS**  
**August 9th and 23rd**  
1:00 - 3:00pm