

October 2019

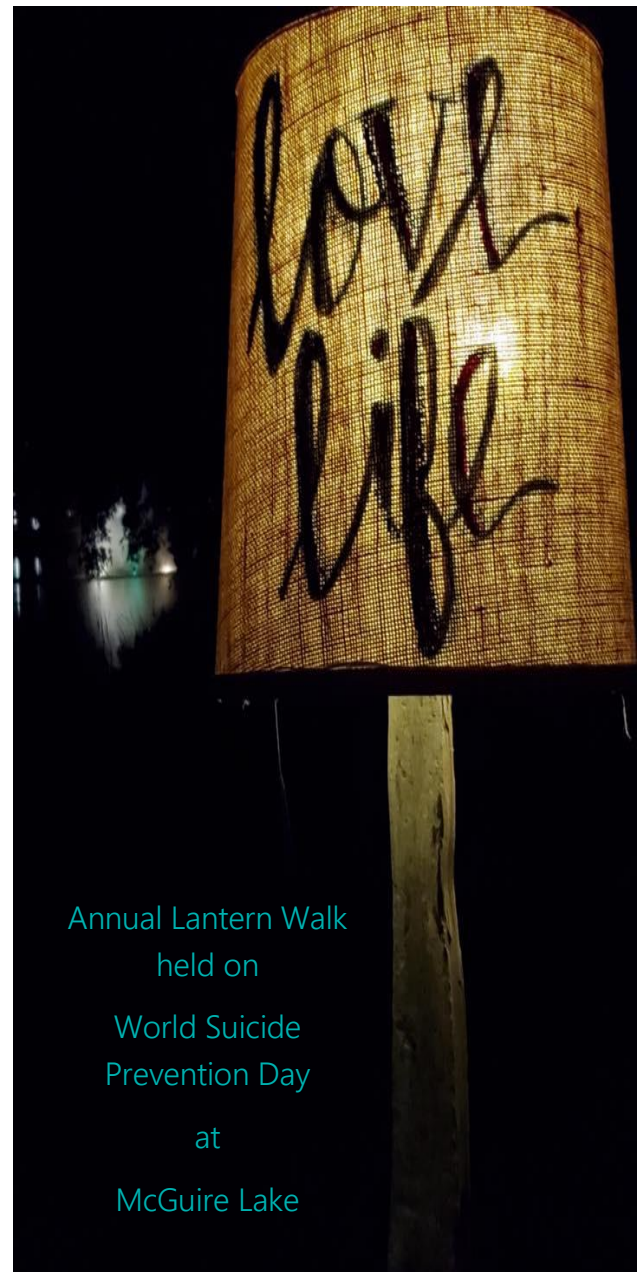
# CLUBHOUSE NEWSLETTER

Calendar Inside!

Brought to you by CMHA  
Shuswap-Revelstoke

- PEER MENTOR TRAINING
- PLANNING CIRCLE
- MUSIC JAM
- SOCIAL REC
- ART CORNER
- PEER SUPPORT
- NEWSLETTER
  
- and MORE

Our Culture, Our Community, Our Programs!



Annual Lantern Walk  
held on  
World Suicide  
Prevention Day  
at  
McGuire Lake



# SOCIAL REC

## DROP IN

### October 8 – Movie Night!

Bring your favourite movies to the clubhouse and we will all vote for our favourite. The movie with the most votes will be the main attraction for the evening. This is a FREE event with in town rides home provided. No sign-up required



### October 22 – Fall campfire at

**Dry Lake.** Campfire, pie and corn roast dinner will only cost you \$3.25! Please remember to dress warmly and bring a flashlight if you have one. Watch for the poster and sign up! In town rides home

provided.

**October 29 – Pumpkin carving** in the clubhouse – Make delicious pumpkin soup and roasted pumpkin seeds. This is a free event with in town rides home provided.



## wednesday night Connections

October 16<sup>th</sup> 5:00-7:30 pm. Come and join us in the clubhouse for a beautiful home cooked meal & great conversation followed by some lively fun and games. This is a free event with rides home provided at the end of the evening.

Thursdays, October 3, 10, 17 and 24 – 1:00 – 3:00pm. Meet at the Clubhouse and catch a ride to the **swimming** pool. Cost is \$2.00 per swim.



## Morning Walk



Enjoy a Friday morning gentle stroll around the streets and parks in Salmon Arm from 9:00 to 9:30am.

### Join us for **Wellness Bingo**

Friday October 4<sup>th</sup> – 9:30 – 10:00am.



## CHAIR YOGA



Wednesday October 9<sup>th</sup>! Meet at the Clubhouse - 10:10am and travel with staff to the Library for a gentle

introduction to yoga, breathing, exercises, and meditation. A chair will be used for support with all poses. This is a FREE program.

## Journaling



Come join our journaling group each Friday morning, 10:30 – 11:00. “Journaling is like a whispering to one’s self and listening at the same time.” Mina Murray.

## FOOD SKILLS



Wednesdays: October 23<sup>rd</sup> – November 27<sup>th</sup> 1:00 – 4:00pm Clubhouse Kitchen. *Poster and Sign Up Sheet in the Clubhouse. Bring a friend if you like (friends need to sign up also).*

This is a hands-on 6 week ‘class’ that makes healthy eating, grocery shopping and cooking quick, easy, and fun. During each session participants make a variety of dishes and sample them afterwards.



## Mindfulness

Mindfulness sessions will continue in the New Year!



**Peer Support Training** will be starting in October. We are excited to announce that we are partnering with Hospice to offer part of the training. **Thursday, October 17<sup>th</sup>**

(*time to be announced*) will be the **Companionship Module**. Dates for the Grief and Bereavement session will be announced at a later date. Watch for the sign up posters in the Clubhouse. If you have any questions, talk to Sara, Kim, or Lorrie.

**Opportunities**

**Looking to Learn New Skills?**

**Thrift Shoppe Volunteers**  
Talk to Jackie

**Kitchen Helpers**  
Talk to Rachael or Paivi

**Peer Mentors**  
Talk to Sara or Lorrie

**Peer Support**

by Stephanie



**When I First Came to CMHA**

When I first came to CMHA, to say that I was a mess, would be a gross understatement. In and out of the hospital and close to being and not being.

Besides getting support from staff, I was given a Peer Mentor. Oh! The poor lady didn't know what she was in for. But she took it all and helped me immeasurably in so many ways: from taking me to the food bank and listening to my litany of woes. Listening with patience, compassion, understanding, and empathy in a completely non-judgemental way. She would make the odd comment and later a few suggestions. With so much help, I slowly learnt what I needed to do to start managing my illness. Don't get me wrong, it wasn't just peer mentoring alone that got me to that stage, however, my mentor was an integral part of my return to stability.

Then it became my turn to take up the mantel. For about eight years now I have been part of the Peer Mentoring program. Reaching out to others who are looking for the same kind of help that I needed has enriched my life. I hope my efforts have enriched the life of the people who gave me their trust to help them in the way that I did.

Peer mentoring has changed my life, from both sides of the fence, for the better. Try it, you won't regret it.



Jackie

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 a garage or a shed, be sure they have not been infested by bugs or mice before bringing them in
  - ✓ Look at the item you are donating and ask yourself "If I were in need of this item ... would I buy it from the thrift store?" If the answer is "No", perhaps the item should be recycled elsewhere.

We thank the community for their donations and support. 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.

Fabulous Friday 2 for 1 Sales continue every week with the \$4.00 Bag Sale on the last Friday of the Month. Remember to bring your own bags! Cloth bags are available for purchase for \$4.00 at the till. These reusable bags are made by volunteers and are repurposed from donated materials.

The Thrift Shoppe is looking for volunteers! If you are interested in volunteering drop in to the Thrift Shoppe and ask for Jackie to discuss the opportunities available.



The smoking area adjacent to the Clubhouse is outside the Activity Room door near the waste bins. There is an ashtray bolted to the concrete wall for your convenience. Several complaints have been

received about the butts discarded near the lower Clubhouse entrance doors and in the parking lot areas. Please help us keep the entrance and parking lot areas litter free!





Thanksgiving Day in Canada has been a holiday on the second Monday of October since 1957. I would like to use this as an opportunity to give thanks to the dedication of all the CMHA participants, volunteer, staff and board members. May we all have good fortune in the coming year and many delicious meals together!

Rachael



### African Nut Stew

- 3 tbsp soy sauce
- 1 onion – sliced
- 2 cups yams – diced in 1 inch cubes
- 1 carrot – sliced
- 1 red bell pepper – diced
- 4 cups vegetable stock
- 15oz can garbanzo beans
- 15 oz can crushed tomatoes
- ½ cup cilantro – chopped (optional)
- 1/3 cup natural peanut butter
- 2 tsp curry powder

- Heat ½ cup of water and the soya sauce in large pot. Add onions and yams. Cook over high heat, stirring, for 5 minutes.
- Add carrots, celery, and pepper. Cover and cook for 5 minutes.
- Add tomatoes, stock, garbanzo beans, and cilantro.
- Blend peanut butter with 1/3 cup water and add to soup along with curry powder.
- Stir. Cover. Simmer for 10 minutes.
- Serves 8 – 10 people.



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

**How To Talk So People Will Listen – How to Listen So People Will Talk** – Join Stewart for 3 Mondays starting October 21<sup>st</sup> from 1:00 – 3:00pm in the Clubhouse Meeting Room. Watch for the Sign up poster.



Salmon Arm's newest coworking space is open across from the Clubhouse. CMHA has a membership and clubhouse members can work independently on their laptop, journal or study in the common space.



The Art Group will be having its regular delightful atmosphere of getting together for a similar goal of creating art together. Speaking of goals, we will be finishing up projects this month - mosaics, pool table cover, group painting, and wall hangings. Come to complete and collect your projects!

We will be clearing out the art room so if you have some projects from way back, please pick up. Come see Nanika if you are interested in displaying your art. We are looking for a new show to go up this month.

### Art Quest

Come join the Art Group for a lovely atmosphere of creating art together. There will be space to discuss future programming and finish off current projects. We will be starting up Macramé as well. Look for postings in the clubhouse for start date!

### 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.

### 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 djembe drums, an electric piano, music stands, 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.

### Trip to Kelowna Art Gallery

Upcoming outing to Kelowna to visit the Art Gallery and shop for Art supplies – look for the poster. Limited seats available, those attending the art groups regularly will get first priority.



Monday October 14, 2019

Also Closed  
Tuesday October 1<sup>st</sup>



**Music Jam** – Wow! Have you been to the clubhouse on a Thursday afternoon lately? Man, is it ever a happening place. “Music!” Yeah, and it’s really good.

There are regularly three or four musicians plus others who just show up and play. People who like to sing show up, others try their hand on the drums, guitars, piano, and other instruments that may be available; what a beautiful sound. If we are lucky, Paivi will appear from her office and lead the dancing.

It’s funny, people who say that they cannot sing and only want to listen are fibbing ... when I look around, their mouths are moving and they really can sing!

If you are interested in checking it out, don’t wait until it is too late, you may not get a seat! Yea, I know the “newsletter” says it doesn’t start until 1:30pm, but the musicians tune up as soon as lunch is over and we go on until 3:00pm. What a deal, it is free! Come on and experience it for yourself. Heck, you can’t lose anything. You may even feel good afterward. Stephanie



The 1:00pm Wednesday afternoon **Planning Circle** is an open drop in session with clubhouse participants and staff coming together to talk about the present and future growth of the clubhouse. The first session started off with discussions around “Why Change?” and the “Need to Change” and has continued with discussions around who we are and what we believe, managing conflict, community engagement, participant wants and needs, celebrating our successes, and more! This is an excellent opportunity to come, listen, engage and share in a friendly environment.

Why should you participate in the Planning Circle?

1. Your opinions and ideas are important – everyone knows what they like and dislike, what they would like to participate in at the clubhouse, and their own opinion on what the priorities should be ... tell us what you think!
2. New information is needed. Greater input often brings new information and ideas ... making good decisions even better!
3. Participating creates group benefits and ownership. When a group is involved in the process there is a greater chance of success ... even if there isn’t 100% agreement. Individuals in the group get to know one another better, everyone has a chance to listen to each other and contribute.
4. It feels good to have your say rather than let a few plan on your behalf!
5. Engagement on a larger scale gives everyone confidence that all clubhouse participants are being heard and that the current and future needs will be met.

Come out and join the circle! Feel free to listen ... jump in with your ideas! It is your clubhouse, help shape its future!



**Drop In Fabric & Yarn**

Fridays 1:00 – 3:00pm.

Anyone can use the craft room any day.



Are you enjoying the new layout of the newsletter? The newsletter is evolving ... and with your continued ideas and support we look forward to make it even better with each

new edition. Look for some new features in November – ‘**Celebrating Successes**’ – both individual and group

- ❖ A “CMHA Heroes” feature – recognizing our participants, volunteers, or staff members who do a great job, or accomplish something great.
- ❖ More photos of activities we participate in (clubhouse activities, outings, workshops, partnerships in the community, and the like). Before we include your photo we will ask your permission!

If you have any ideas on how we can continue to enhance and grow the newsletter please share your ideas with Carol, Kathryn or any staff member.

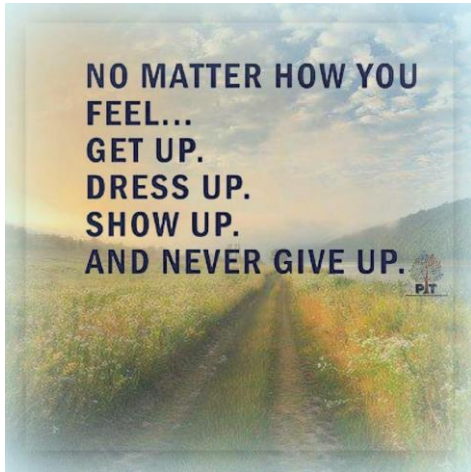
Jonathan is in the Wood Shop on Saturdays from 10:00am – 12 noon. Please use the door (near the garbage dumpster) in the parking lot).



**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 October 11<sup>th</sup> and 25<sup>th</sup>.





## OCTOBER WHAT IS IT?



Enter Your Guess  
With Your Name  
Contest Box  
located on a table  
in the  
Clubhouse

## September's Contest LINT BRUSH

3 Guesses  
0 Correct Answer

*No Cookies  
Awarded in  
September!*

*Keep Your Guesses  
Coming*



## 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



**Applications Due: October 23**

**Meeting: October 30 at 1:30**

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

October 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
	<b>Oct 1</b> Thrift Shoppe Open  <b>Clubhouse Closed</b>          <b>No Drop In</b>	<b>2</b>  Coffee Talk - 9:00am   Chilli and Cornbread 12 noon  Planning Circle 1:00pm	<b>3</b>    Vegetable Fajita and Sausage - 12 noon  Swimming - 1:00 - 3:00pm Meet at the Clubhouse and Catch a Ride Art 101 - 1:00pm Music Jam - 1:00pm Bags in Motion - Repurposed Sewing - 1:30pm	<b>4</b> Fabulous Fridays 2 for 1 Thrift Store Morning Stroll - 9:00am Good News Fridays - 9:00am Wellness Bingo - 9:30am Journaling - 10:30  Pizza - 12 noon  Fabric and Yarn - 1:30pm  <b>Clubhouse Closes at 3pm</b>	<b>5/6</b>     Saturday Woodshop 10:00am - 12 noon
<b>7</b>	<b>8</b>  Coffee Talk - 9:00am   Cream of Vegetable Soup and Bun - 12 noon   <b>Clubhouse Closes 1:00pm</b>   Drop In - 4:00 - 7:30pm Movie Night at the Clubhouse - In town rides home provided	<b>9</b>  Coffee Talk - 9:00am   Chair Yoga at the Library - Meet at the Clubhouse - 1015 - 11:45am  Beef Stew and Bun 12 noon  Planning Circle 1:00pm	<b>10</b>    Peer Support Steering Committee - 10:30am  Anise Chicken Thighs and Coleslaw - 12 noon  Swimming - 1:00 - 3:00pm Meet at the Clubhouse and Catch a Ride Art 101 - 1:00pm Music Jam - 1:00pm Bags in Motion - Repurposed Sewing - 1:30pm	<b>11</b> Fabulous Fridays 2 for 1 Thrift Store Morning Stroll - 9:00am Good News Fridays - 9:00am   Journaling - 10:30  Thanksgiving Lunch - 12 noon <b>Sign Up Required \$3.25</b>  Men's Group 1:00pm  Fabric and Yarn - 1:30pm  <b>Clubhouse Closes at 3pm</b>	<b>12/13</b>     Saturday Woodshop 10:00am - 12 noon
<b>14</b> <b>Clubhouse Closed Thanksgiving Day</b>	<b>15</b>  Coffee Talk - 9:00am   Waffles and Fruit 12 noon   <b>Clubhouse Closes 1:00pm</b>          <b>No Drop In</b>	<b>16</b>  Coffee Talk - 9:00am   Chicken Caesar Salad 12 noon  Planning Circle 1:00pm   Connections - 5:00pm Rides Home Available	<b>17</b>    Peer Mentor Training Companionship Time TBA - at Hospice  Lasagna and Garlic Toast 12 noon  Swimming - 1:00 - 3:00pm Meet at the Clubhouse and Catch a Ride Art 101 - 1:00pm Music Jam - 1:00pm Bags in Motion - Repurposed Sewing - 1:30pm	<b>18</b> Fabulous Fridays 2 for 1 Thrift Store  Morning Stroll - 9:00am  Good News Fridays - 9:00am Journaling - 10:30 Beef Dip and Veggie Sticks - 12 noon  Fabric and Yarn - 1:30pm  <b>Clubhouse Closes at 3pm</b>	<b>19/20</b>     Saturday Woodshop 10:00am - 12 noon
<b>21</b>  Roasted Fall Vegetables & Smokies/Sausage - 12 noon  How to Talk So People Will Listen. How to Listen So People Will Talk 1:00 - 3:00pm <b>Sign Up Required</b>  Art Quest - 1:00pm	<b>22</b>  Coffee Talk - 9:00am   Chicken Mango Salad 12 noon   <b>Clubhouse Closes 1:00pm</b>   Drop In - 4:00 - 7:30pm Dry Lake Campfire and Corn Roast - \$3.25 - <b>Sign Up Required - Watch for the Poster</b> In town rides home provide	<b>23</b>  Participant Funding Applications Due  Coffee Talk - 9:00am   Taco Meatloaf 12 noon  Planning Circle 1:00pm	<b>24</b>    Peer Mentor Training Companionship Time TBA - at Hospice  Spaghetti & Meat Sauce 12 noon  Swimming - 1:00 - 3:00pm Meet at the Clubhouse and Catch a Ride Art 101 - 1:00pm Music Jam - 1:00pm Bags in Motion - Repurposed Sewing - 1:30pm	<b>25</b> <b>TVP Timesheets Due (Fri / Sat)</b> Bag Sale Thrift Shoppe Morning Stroll - 9:00am Good News Fridays - 9:00am Journaling - 10:30  BBQ and Birthday Cake 12 noon  Men's Group 1:00pm  Fabric and Yarn - 1:30pm  <b>Clubhouse Closes at 3pm</b>	<b>26/27</b>     Saturday Woodshop 10:00am - 12 noon
<b>28</b>  Twice Baked Potato, Ham and Pickles - 12 noon  How to Talk So People Will Listen. How to Listen So People Will Talk 1:00 - 3:00pm  Art Quest - 1:00pm	<b>29</b>  Coffee Talk - 9:00am   Pumpkin Soup & Bun 12 noon   <b>Clubhouse Closes 1:00pm</b>   Drop In - 4:00pm - 7:30pm Pumpkin Carving at the Clubhouse - In town rides home provided	<b>30</b>  Coffee Talk - 9:00am   Chicken Quesadilla 12 noon  Food Skills for Families - 1:00 - 4:00pm  Planning Circle 1:00pm Participant Funding Meeting - 1:30pm HOURS SPACE	<b>31</b>    Halloween Surprise 12 noon  Art 101 - 1:00pm Music Jam - 1:00pm  Bags in Motion - Repurposed Sewing - 1:30pm	<b>Nov 1</b> Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Journaling - 10:30  TBA - 12 noon  Fabric and Yarn - 1:30pm  <b>Clubhouse Closes at 3pm</b>	<b>2/3</b>     Saturday Woodshop 10:00am - 12 noon

**AT A GLANCE**




**CLUBHOUSE CLOSED  
Tuesday October 1  
and  
Thanksgiving Day  
Monday October 14**

**How to Talk So People  
Will Listen. How to  
Listen So People Will  
Talk**

**Monday October 21, 28  
1:00-3:00pm  
Sign Up Required**



**DROP IN  
TUESDAYS  
October 8, 22, 29**



**CHAIR  
YOGA**

**Wednesday October 9  
10:15am - 11:45am**



**Planning Circle  
Wednesdays  
1:00-2:00pm**

**FOOD SKILLS  
Wednesdays  
Oct 23 - Nov 27  
1:00-4:00pm  
Sign Up Required**

**wednesday  
night  
Connections  
October 16 5:00pm**



**Swimming Thursdays  
Leave Clubhouse at 1:00pm**



**Bags in Motion  
Repurposed Sewing  
Thursdays 1:30pm**



**FRIDAY MORNING  
STROLL 9:00am**

**FITNESS FRIDAYS  
WITH WILSON**



**Leave Clubhouse at 10:00am**

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



**FRIDAY MENS GROUP  
October 11 and 25  
1:00-3:00pm**