

THE GRAPEVINE

FEBRUARY 2023

It's The Vernon Winter Carnival! February 3-12

It's our 63rd Annual Winter Carnival and The Vernon Winter Carnival Society has brought back Jopette and Jopo, the carnival mascots, with the Carnival TV theme. Grab your family and turn off your TV. Come join us for 10 days of carnival fun. Like our old favorites on TV this carnival's history and tradition is so important to our community and our local economy. We will still feature our long-time favorites like the Carnival Cops, and the Carnival Parade.

Don't forget the Snow Sculpture Competition is taking place at Silver Star Mountain the first weekend of Carnival. This yearly event brings to life a gallery of beautiful sculptures created of only water and snow. Watch for free as these amazing artists from all over create their masterpieces in our very own backyard and compete to be recognized as BC's best! The community can view the artistic process beginning at 10:00am Friday, February 3rd until 10:00am Sunday, February 5th.

Here are some additional **FREE EVENTS** :

- **Balloon Glow**
Friday, 3rd Feb 5pm-6:30pm at Polson Park
- **Carnival Parade**
Saturday, 4th Feb 12pm-1:30pm
- **Celebration of Culture – Reconnecting in the Okanagan**
Saturday, 4th Feb 2pm-8pm at Vernon Rec Centre Auditorium
- **From the Small Screen to the REALLY BIG Screen**
“Cool Runnings” (Rated PG)
Saturday, 4th Feb 2:30pm-4pm at Towne Theatre
- **Free Family Skate**
Sunday, 5th Feb 12pm-2pm at the Outdoor Centennial Rink
- **Jopo Swim**
Sunday, 5th Feb 1:30pm-4pm at the Vernon Aquatic Centre
- **Queer Family Game Night**
Tuesday, 7th Feb 7pm-9pm at The Boarding House Cafe
- **Storytelling Okanagan Indian Band**
6th, 8th, 9th, 10th Feb 1pm-2:30pm at the Pit-House, Komasket Park, Westside Road

For more information you can visit the website at <https://vernonwintercarnival.com/events/>



The Grapevine:
An independent newsletter published monthly by CMHA members in the Vernon Area. (Available in hardcopy or electronically)

The Grapevine encourages members of Mental Health services to submit articles, letters to the editors, cartoons, jokes and poetry or anything you think will be of interest to other members. Our deadline is the 15th of each month for the up-coming issue. No recompense is provided for any submissions and they shall be considered as the author's own work unless otherwise indicated.

The Editorial Committee will make every effort to publish any material submitted, subject to for length, taste and appropriateness. Ideas or opinions expressed do not necessarily reflect those of Grapevine or of it's affiliated organizations.

Family Day Stat



February 20th

To Contact Us

Main Office

3100 - 28th Avenue
Vernon BC, V1T 1W3
Phone: 250-542-3114
Fax: 250-549-8446
cmha@cmhavernon.ca

Peer Support

250-542-6155

peeroutreach.vernon@cmhavernon.ca

Trans Peer Support

trans.peer@cmhavernon.ca

Peer Support Volunteer Training

Are you interested in helping others like yourself? Give yourself purpose and meaning? Use your lived experience to help others who are struggling? Build your confidence at the same time?

If this sounds like you, come and chat with Patricia in Peer Support to get some more information about our upcoming Peer Support Volunteer Training! Drop by the office or give us a call to learn more about what the training entails and the peer support role in general.

If you are interested contact the office by telephone 250-542-6155 or pay a visit to the office: we are open 9 am to 1:30 pm weekdays. We hope to see you!



CMHA's Got Talent

31st March 2023

The **CMHA's Got Talent!** Talent Show will be held March 31st 2023, so you have lots of time to practice. If you would like support for your act, Hannah will be holding practice sessions in the Conference Room leading up to the show, check the Grapevine calendar for dates! Sign-up is at the front desk.

You, as a respected performer, will get 3 - 4 minutes to entertain or to interact with the audience and let yourself shine!



How to Deal With Conflict Education Course

Hello! We are very excited to bring you our very first Pathways to Wellness course! "**How to Deal with Conflict**" is a 4 session course. You will learn more about your own reactions to conflict, how to avoid miscommunication, and how to become more assertive.

Please talk to Tami for more information
250-542-3114 ext.211



A FREE TAX CLINIC WILL BE AVAILABLE!

It's that time of the year again: Income Tax Time and CMHA will be holding an Income Tax Workshop to help alleviate any worries you may have about this tax season.

CMHA will be hosting the Community Volunteer Income Tax Program (CVITP) free Tax Clinic starting in **March**.

Please contact **Zoe** to book an appointment at **(250) 542-3114 ext. 227** Please have all your tax forms ready and bring all relevant forms such as/and including your T4, T4A(OAS), T4A(P), T5007, T5, T3, TRIF, T4E & T4RSP to your appointment.

In order to be eligible for the CVITP, individuals must have a modest income and a simple tax situation. In general, a tax situation is simple if an individual has no income or if their income comes from these sources:

- ⇒ Employment
- ⇒ Pension
- ⇒ Benefits such as CPP/OAS, disability, EI or social assistance
- ⇒ RRSP
- ⇒ Support Payments
- ⇒ Scholarships, fellowships, bursaries or grants
- ⇒ Interest (under \$1000)

You may be eligible for the Disability Tax Credit (DTC), which is a non-refundable tax credit that reduces the amount of income tax a person with disabilities or their family members may have to pay. For more information please contact your doctor, go to Canada.ca/disability-tax-credit or call 1-800-959-8281.

Art Therapy Opportunity

CMHA is going to be hosting an Art Therapy Practicum Student!

Art therapy is a culturally responsive, integrative mental health and human services profession that supports the well-being of individuals, families, and communities through engagement in artmaking and the creative process.

Art therapy utilizes an extensive range of integrative approaches to engage the mind, body, and spirit in ways that can bypass the limitations of using only verbal expression.

How does art-making benefit the therapeutic process?

Bringing art-making into the therapeutic process provides the client with opportunities to:

- Share non-verbally, allowing expression of feelings or memories for which there are no words.
- Facilitate containment and release of ambivalent feelings. This can aid the client in coming to terms with conflicting emotions and counteract a negative view of self.
- Express grief and move through the emotional stages of grieving in a supportive atmosphere using the universal language of pictures.
- Encourage emotional reorganization for individuals with physical impairments as well as reorganization and stimulation of the sensory spectrum that may have been disrupted.
- Make creative choices and engage in pleasure and playfulness.

If you are interested in participating in this program contact **Zoe at 250-542-3114 ext. 227**

Valentines Day Craft for Friends, Family and Loved Ones

Paper Heart Garland

It wouldn't be Valentine's Day without some **heart crafts!** You'll love this simple **Paper Heart Garland** because you don't need a lot of materials to make it and it's an easy Valentine's Day craft you can make on the fly.

Materials:

- Red and Pink cardstock or construction paper
- Scissors or paper cutter
- Stapler
- Pencil
- Ruler

Instructions:

1. Use a pencil to draw strips on your paper lengthwise that measure 20cm x 2 cm. Cut strips.
2. Join two same colored strips at the bottom and staple.
3. Attach two more same colored strips to the same joint and staple.
4. Take two of the strips and make a heart shape and staple shut. You have your first heart.
5. Repeat the process and make as many hearts for your garland as you want.



Kitchen Hours of Operation



Our Kitchen hours are from **9:30am - 1pm**, every **Tuesday, Wednesday and Thursday and Friday**. Fridays will be coffee and frozen meal pick up only.

Monday	Tuesday	Wednesday	Thursday	Friday
Kitchen Closed	9:30am—1pm Fresh lunch served at 12pm	9:30am—1pm Fresh lunch served at 12pm	9:30am—1pm Fresh lunch served at 12pm	Coffee Only: 9:30am—1pm Frozen Meal Pick-Up: 11:30am—1pm

Lunch is \$2.50 and coffee is 50 cents.

From Jen's Kitchen to Your Home!

Cheeseburger Soup for National Soup Day (4th February)

Ingredients:

<p>1 pound ground beef salt and pepper to taste 6 slices bacon chopped 3/4 cup onion finely diced 3/4 cup carrots peeled, quartered and sliced 1/2 cup celery sliced 1 1/2 teaspoons dried parsley 1 teaspoon garlic minced 3 cups Russet potatoes peeled and cubed</p>	<p>3 cups low sodium chicken broth 3 tablespoons butter 1/4 cup all purpose flour 1 1/2 cups milk 3 cups grated cheese Optional: toppings such as toasted hamburger bun cubes, diced tomatoes, diced pickles, cooked bacon and chopped parsley)</p>
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Directions:

1. Place a large pot over medium heat. Add the ground beef and cook, breaking up the meat with a spoon, for 5-6 minutes or until the beef is no longer pink. Season to taste with salt and pepper.
2. Remove the ground beef from the pot and set aside. Add the bacon to the pot and cook for 5-6 minutes or until crisp. Set the cooked bacon aside.
3. Drain most of the bacon grease from the pot, leaving 1-2 teaspoons in the pot.
4. Add the onion, carrots and celery to the pot. Cook for 3-4 minutes or until vegetables are just softened. Add the dried parsley and garlic and cook for 30 more seconds.
5. Add the ground beef back to the pot, along with the potatoes and chicken broth. Bring to a simmer and cook for 15 minutes or until potatoes are tender.
6. While the soup is simmering, melt the butter in another small pan. Whisk in the flour and cook for 1-2 minutes or until bubbly and thickened.
7. After the potatoes are tender, add the flour mixture to the soup and bring to a boil. Cook for 2 minutes, stirring occasionally.
8. Add the milk to the pot, then stir well to combine. Add the cheese and reserved bacon to the soup. Cook for 3-4 minutes or until cheese has melted.
9. Serve the soup with optional assorted toppings such as hamburger bun croutons, tomatoes, pickles and more bacon.

CMHA and Local ACTIVITIES

Talent Show Practice!

**CMHA, 1pm Fridays,
February 3, 17, and 24**

Come on down and practice for the talent show and have some fun at the same time.



Tech Tutor Computer Literacy

Need Help With Setup and/or Using Your Tech Devices ???
Check out The Vernon Regional District Library.

FREE one hour appointments offered at 10 am and 11 a.m. Fridays and Saturdays.

Appointments can be booked at 250-542-7610 Ext. 6820, in person at the information desk at the library or online at

<https://www.literacysociety.ca/programs/digital-literacy/>

Some of the things that volunteers can help with:

- Setup and/or using an email account
- Sending and saving photos
- Searching the internet and saving links
- Creating folders and saving files
- Understanding your computer, android tablet or iPad

Valentine's Day Dance !

**Monday, February 13th
at 6:00pm**

Doors open at 5:30pm

Put on your dancing shoes folks!
The Valentines dance is here once more at CMHA! Enjoy!

There will be a concession.

Coldest Night of The Year 2023



It is cold out there. Join CMHA Vernon for the Coldest Night of the Year event on Saturday, February 25th, 2023 and support your community. Walk, donate, volunteer, or sponsor. This is a great way to connect, so bring your friends, family or co-worker! We are gathering for good.

Head to <https://cnoy.org/location/vernon> to sign up!

Tube Town!

**Thursday, February 23rd
at 3:30pm**

\$10

Join Hannah for some outdoor fun at Tube Town.



You Must Sign Up!

To Sign Up Please Call Hannah:

(250) 542-3114 Ext 202

Choose to Move...from your home!

Seniors Health and Wellness

Choose to Move is an innovative program that motivates seniors to get up, get out, and get active has returned to (GVRC) and it is **FREE** to join. This program is based on scientific research that motivates and supports individuals 65 or older to get moving and meet new people in the community.

For more information call **250-550-3672**

or activeliving@vernon.ca

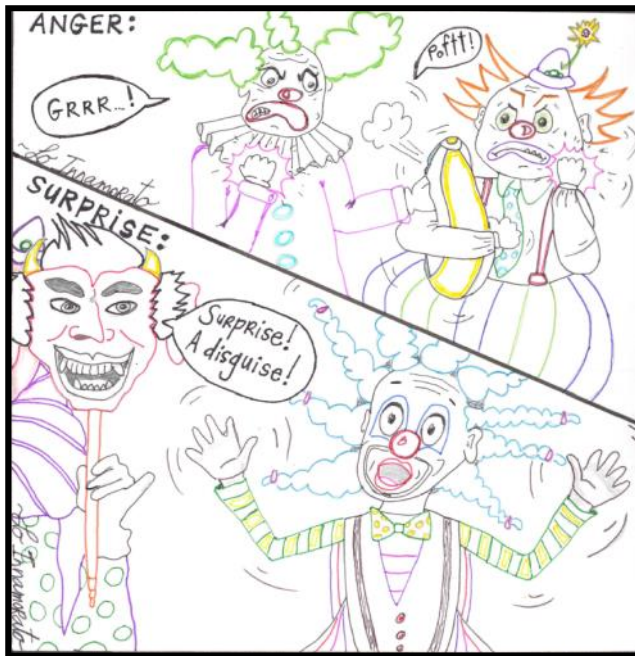


The Mood Disorder Group

**Drop-in every
Friday 1:30pm - 3pm
in the Peer Support Office.**

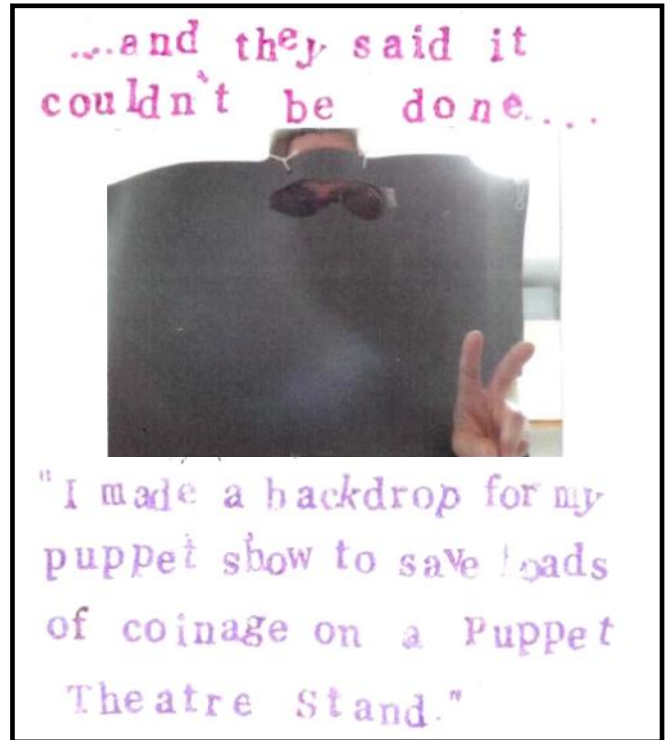
CREATIVE CORNER

Cartoon by Lo Innamoato



Even clowns need to preserve their language of gestures and show how it's done.

Submitted by Lo Innamoato



Poem by Don Mc Allister

(untitled)

We cannot see our Father in Heaven
 But in Jesus we know of His love
 And from time to time in the face of a friend
 We see His light shine from above.

Points To Ponder

submitted by Janice

- “The Greatest Pleasure in life is doing things people say we cannot do.”- *Walter Bayehot*
- “The brighter you are, the more you have to learn.”- *unknown*
- “If you look like your passport picture you may not be well enough to travel.”- *unknown*
- “Time’s best gift to us is serenity.”
 - *Christian N. Bovee*

**Do You Enjoy Creative Writing?
 Creative Writing Benefits The Brain!
 Try this creative writing prompt by Janice.**

I was hooking up the old work horse when suddenly I heard....

**Feeling Creative? We Always Welcome New
 Poems and Stories For Our Grapevine!
 Creative But Not A Writer? We Take
 Submissions For Art Work Or Cartoons For
 The Grapevine Also!**

ADULT COLOURING PAGE

“COLOURING RELAXES THE MIND”



“Happy Valentines Day”

February 14th

Sudoku

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box. The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission. Every puzzle has just one correct solution.

EASY

9	4							
			1	7				
	2							
3							4	
4	6	2	8	5				3
7		9		3	1		5	6
8					9	6		2
5	1			4		7		8
		3		6	8		1	

MEDIUM

	5			4		6	7	2
			6				9	
		6		9		4		1
				1	4	9		7
	8		7					6
	9	4						
		9		5	6		8	
8	3							
					7			9

Winter Sports Word Search

H A A A A F S N O W B O A R D I N G
 C M I B L O I B I A T H L O N F G A
 C E X P L O R I N G D L N B A G N L
 C O F W H T L N B B S I S G Y N I O
 L L I B O B S L E D D I N A I I L O
 L L U O C A G N D I D I A N S I R N
 I A B G K L R D L P L B N I I K U T
 M E K N E L M R S I M O L A L S C I
 L G A A Y B I I B B K G B W A M G N
 L K N G C D O O T I O N L A E N I N
 A R G N I P M A C O L I L L O R I G
 B L B L O W Y A I I N H P T L A G N
 D M L M O I D I P O X S N O S N I A
 N L L N C R C L I M B I N G I N U O
 A L S N C P K L N O M F I T L R E B
 H R P H I I N I L D L G A A S N M G
 B A S C S R P L A D E K S E S N C I
 Y S A L L I L B S A S L E D D I N G

- | | |
|---------------------|------------------|
| Skiing | Luge |
| Bobsled | Handball |
| Biathlon | Fishing |
| Camping | Climbing |
| Curling | Football |
| Snowboarding | Skating |
| Hockey | Exploring |
| Slalom | Sledding |
| Snowmobiling | Badminton |



Walk-in Medical Clinics

North Okanagan Medical Clinic:

Upstairs at Superstore
5001 Anderson Way
(250) -545-8338
9:00 am to 5:00pm, 7 Days per week

Vernon Urgent and Primary Care Clinic:

Limited harm reduction supplies.

101, 3105 28th Ave,
(250) 541-1097
Provides primary medical care from
9:30am - 8:30pm 7 days a week

Sterling Centre Medical Clinic:

Sterling Medical Building
#101 3210 25th Ave.
Phone (250) -778-475-8311
12:00pm to 7:00pm -Monday to Friday
9:00am to 1:00pm -Saturday and Sunday & Holidays

Options For Sexual Health Clinic:

1440 14th Ave.
Phone (250)-241-3154
Opens from 6:00pm to 9:00pm - Tuesdays and Thursdays

Vernon Downtown Mental Health and Substance Use :

Overdose Prevention Site

3306A 32nd Ave.
Phone (250)-503-3737

Opens 9:00am to 3:00pm - Monday to Friday

Saturday Lunch Program

All Saints Anglican Church
2601 43rd Street
Phone (250)-542-3179
Saturdays from 11:00am to 2:00pm
Free for those in need

The Upper Room Mission

A Warm Place and Meals for those in need.
3403 27th Ave.
Monday to Friday, 9am to 4pm,
Saturday and Sunday, 2pm to 6pm
Breakfast 9:30-10:30 am / Dinner 2:30– 3:30 pm

Common Threads (The Arbour)

Vernon Alliance Church, 2601-43rd Ave.
Phone: 250-545-7105

Mondays 2pm - 4pm and Thursdays 9am - 11am
FREE hot meal, clothing for all ages, bread, and haircuts (when
volunteers available).

Emergency Services

Ambulance/Police/Fire----- 911
Community Response Team-----250-260-7893
Interior Crisis Line----- 1-888-353-2273
Suicide Hotline-----1-800-SUICIDE
B.C Crisis Line----- 1-800-784-2433
Vernon Hospital ----- 250-545-2211
Poison Control----- 1-800-567-8911
Food Bank----- 250-549-4111
COVID-19 Hotline----1-888-COVID19 (1 -888-268-4319)

Shelter

Archway Transition House ----- 250-542-1122
Our Place----- 250-542-4041
Turning Points ----- 250-542-3555

Community Services

CMHA-Vernon-----250-542-3114
Legal Aid-----250-545-3666
Mental Health & Substance Use----- 250-549-5737
CMHA Family Support ----- 250-260-3233
Neighborhood Link----- 250-558-5527
Peer Support Services----- 250-542-6155
Social Assistance----- 1-866-866-0800
Upper Room Mission ----- 250-549-1231
Friendship Centre -----250-542-5311
Okanagan Indian Band Community Services
& Development ----- 250-542-5094
Hope Outreach ----- 250-258-7897
Nexus BC Connect Program ----- 250-545-0585
Independent Living Vernon ----- 250-545-9292
John Rudy Health Resource Centre ----- 250-938-8092



If you are feeling sick please call the Health Link BC Hotline at 8-1-1, visit <https://bc.thrive.health/>, or call your primary care provider, and follow their instructions.

COVID-19 Hotline is a non-medical information line about COVID-19.

It is available 7:30am—8:00pm, 7 days a week.

1 - 888 - COVID19 (1 - 888 - 268 - 4319)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED @ 3100 28th Ave Vernon, BC (250) 542-3114 www.cmhavernon.ca</p>	<p>ALL PROGRAMS REQUIRE MANDATORY SIGN-UP</p>	<p>TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext 202 Or (250) 241-6659 Call or Text</p>	<p>1 10:30 am Stretch and Swim (Leave cmha 10:10 am)</p>	<p>2 1:00 pm Club Social </p>	<p>3 10:00 am Chair Yoga 10:30 am Guided Meditation 1pm Talent Show Practice</p>	<p>4</p>
5	<p>6 11:00 am Keep Fit Have Fun</p>	<p>7 10:00 am snowshoeing</p>	<p>8 10:30 am Stretch and Swim (Leave cmha 10:10 am)</p>	<p>9 1:00 pm Club Social</p>	<p>10 10:00 am Chair Yoga 10:30 am Guided Meditation</p>	<p>11</p>
12	<p>13 11:00 am Keep Fit Have Fun 6:00pm Valentines Dance</p>	<p>14  10:00am snowshoeing</p>	<p>15 10:30 am Stretch and Swim (Leave cmha 10:10 am)</p>	<p>16 1:00 pm Club Social</p>	<p>17 10:00 am Chair Yoga 10:30 am Guided Meditation 1pm Talent Show Practice</p>	<p>18</p>
19	<p>20 CMHA  CLOSED</p>	<p>21 10:00am snowshoeing</p>	<p>22 10:30 am Stretch and Swim (Leave cmha 10:10 am)</p>	<p>23 1:00 pm Club Social 3:30 Tube Town 10\$</p>	<p>24 10:00 am Chair Yoga 10:30 am Guided Meditation 1pm Talent Show Practice</p>	<p>25</p>
26	<p>27 11:00 am Keep Fit Have Fun</p>	<p>28 10:00am snowshoeing</p>				