

# THE GRAPEVINE

DECEMBER  
2023

## 988 Suicide Crisis Helpline

**On November 30th 2023 the 988 line will be available for all Canadians!** This 3 digit number aims to prevent suicide by making it as simple as possible for people to get the help that they need, when they need it. 988

provides live support by phone and text, nationwide, in English and French, 24 hours a day. CMHA Vernon is proud to be a part of the launch and has worked tirelessly to ensure that responders are ready to pick up the calls. If you are thinking about suicide or are worried about someone you know, 988 is here to support you. Suicide affects people of all ages and backgrounds. Whoever you are, wherever you are located, whatever time or day it is, you can call 988 if you need to talk to someone.

### What is 9-8-8?

9-8-8 is a three-digit suicide prevention helpline that launched on November 30, 2023. Our goal is to prevent suicide by making it as simple as possible for people to get the help they need, when they need it.

### Why was 988 created?

988 was created to make it as simple as possible for people to get the support they need, no matter who they are or where they are in Canada. A three-digit number is easy to remember, so people will know where they can reach out for help when they need it most.

### Who should call 988?

988 is for anyone who is thinking about suicide, or who is worried about someone they know. 988 provides live support by phone and text to people across Canada. However, no one who reaches out to 988 will be turned away. If you reach out, 988 responders will support you, whatever you are going through. It's important to know that 988 does not provide referrals to mental health or other health care services.

### Is it free to call and text 988?

Calling 988 is toll-free, which means you can call for free wherever you are in Canada, from any device, whatever kind of phone plan you have. Texting 988 is free if you have an unlimited text message plan with your service provider.

### Can I contact 988 if I don't have a cell phone? Can I call from a payphone?

You can call 988 from either a landline or a cell phone. Texting services are only available by cell phone. Yes, you can call from a payphone. You do not need to put money into a payphone in order to call 988.

### What happens when I call 988?

When you call 988, before you are connected to a 988 responder, you will hear a brief pre-recorded message to let you know you are in the right place. Everyone who calls will be connected to a responder who will listen and provide support. If you need to wait for a short time, please stay with us – we will answer your call.

### Who will I be talking to/texting with?

You will be answered by a responder who has been trained in suicide prevention. All 988 responders are trained before working on the service. 988 responders are ordinary people. Whoever you connect to, they will always listen with compassion and without judgement, and give you space to talk.



**Suicide Crisis Helpline**

### 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.



### To Contact Us

#### Main Office

3100 - 28<sup>th</sup> 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

## Holiday Closures

**Monday 25th - Friday 29th, December**

**Monday 1st, January**

CMHA will be closed through the Holiday season.

CMHA hopes your Holidays are heartfelt and joyous as you deserve. We all look forward to seeing you in 2024!



## New Pathways to Wellness Education



### Feel Good Fridays

Join us for a **drop-in** mental wellness conversation or activity

**Fridays, weekly, 1:30 pm - 2:30 pm**

### Self-Care Day Course

Gain a deeper understanding about self care, learn new ways to take care of yourself, and make and take away your own self care plan

Thursday 6<sup>th</sup> December 9 am - 11:30 am (with breaks)

Must register to attend



### When Anxiety & Panic Attack

Learn about Anxiety and Panic. You are more than your Anxiety.

Mondays - December 4th, 11th, and 18th

January 8th, 15th, and 22nd at 1 - 4pm

Must register to attend

To **register** or for more information contact **Dani at 250-542-3114 ext. 242** or email **[workshops@cmhavernon.ca](mailto:workshops@cmhavernon.ca)**

## Do you receive a monthly Volunteer Reimbursement Cheque?

We are excited to reintroduce a simple new way to receive your monthly Volunteer Reimbursement! CMHA will be moving towards delivering Volunteer Reimbursement in the form of Electronic Funds Transfer (EFT)

### What is an Electronic Funds Transfer?

An EFT is a financial transaction that will directly deposit money into your bank account each month electronically rather than depositing a physical cheque into a bank machine. For example: instead of coming to CMHA to pick up your Volunteer Reimbursement Cheque on the 5th business day of each month, your reimbursement will automatically be deposited directly into your bank account.

### What are the benefits of an Electronic Funds Transfer (EFT)?

1. An electronic funds transfer is safer and more secure! For instance, it eliminates the need to carry a cheque to the bank which you could easily misplace.
2. It is faster because there is no manual moving of cheques from one bank to the other.
3. More efficient as you will no longer have to pick up your VEP cheque at CMHA each month as it will directly transfer into your bank account.
4. If you were previously worried about how you would make it to CMHA to pick up your cheque, there is now no need to worry anymore as the great thing about EFT is that the funds will directly be transferred into your account!

### How do I sign up for EFT:

Fill out the EFT form below or pick one up at the CMHA reception (3100 28th Avenue)

Once filled out please **drop off in person** at CMHA.

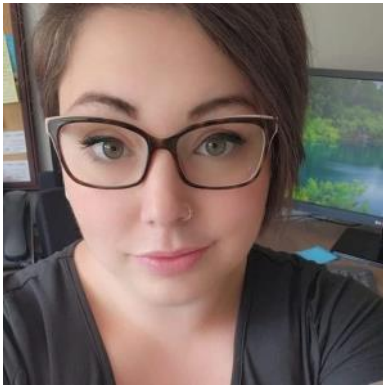
If you have any questions, please call **Zoe at 250-542-3114 ext. 227**

## Peer Support Volunteer of the Month Andrew



Hello there! I'm passionate about sports, particularly working out and basketball. You'll often find me on the court, enjoying a good game and staying active. Off the court, I love immersing myself in the vibrant world of hip-hop, appreciating the rhythm and positivity of the true elements of hip-hop. I've called Vernon home since 1990, and over the years, I've had the privilege of building a strong community connection. For the past two years, I've been a proud member of CMHA, where I've not only contributed to the organization but also formed some incredible friendships. It's been a fulfilling journey, both on and off the sports arenas, and I look forward to many more shared moments with new friends. Stop by Peer Support for a coffee sometime.

## Goodbye Rhea



Hey CMHA Participants!!!

I have made the exciting but difficult decision to leave Work BC and pursue a new position within CMHA. I have accepted a new position as the Independent Rights Advisor with CMHA and am excited to take on this new role.

In my two years as the Work BC Case Manager, I was given the opportunity to work with so many amazing people and I have learned so much. I will miss this position and will miss working in the Main Office surrounded by all the participants!

Thank you to all the Work BC participants, I have thoroughly enjoyed working alongside each one of you. For all who are interested in CMHA Work BC a new Case Manager and Employment Advisor is being hired and they will be able to take on clients once settled into their new roles.

## Season of Ornaments



## Hot Dog Roast

On November 7th





## Kitchen Hours

Take-outs are available after lunch Tuesday through Friday after lunch has been served, and frozen take-outs are still available Friday at 1pm (first come first serve).



## Kitchen Hours of Operation



Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00am-12:00pm</b> Coffee Only	<b>9:00am-2:30pm</b> Fresh lunch served at 12pm	<b>9:00am-2:30pm</b> Fresh lunch served at 12pm	<b>9:00am-2:30pm</b> Fresh lunch served at 12pm	<b>9:00am-2:30pm</b> Fresh lunch served at 12pm

Lunch is \$2.50 ~ Coffee and Tea is 50 cents.

## From Jen's Kitchen to Your Home December 9th is Gingerbread Cookie Day!

### Ingredients:

- ¾ cup unsalted butter softened
- 1 cup granulated sugar
- 1 large egg
- ¼ cup molasses
- 2 ½ cups all-purpose flour
- 2 tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon if you like a strong cinnamon flavor, increase to 2 tsp total
- ½ tsp ginger if you like a strong ginger flavor, increase to 1-2 tsp total
- Optional: granulated sugar to roll cookie dough balls in



### Instructions:

1. Preheat oven to 350 degrees F.
2. First, mix together butter and sugar until light and fluffy, approximately 2-3 minutes with an electric mixer.
3. Next, add egg and molasses and mix well.
4. In a separate bowl combine flour, baking soda, salt, cinnamon and ginger, stirring to combined.
5. Add dry ingredients to wet ingredients and mix until combined.
6. Form or scoop balls of dough that are slightly smaller than a golf ball. If desired, roll dough balls in granulated sugar after forming. Place them on a baking sheet approximately 2" to 3" apart to allow room for cookies to spread.
7. Finally, bake for 10-12 minutes, remove from oven and allow cookies to cool on baking rack for approximately ten minutes, then transfer to a wire rack to finish cooling.

## CMHA and Local ACTIVITIES

### Bethlehem Star

**at the Emmanuel Baptist Church**

**Friday, December 8th at 6 pm**

There will be hot chocolate and a home-baked cookie for each guest and, as always, this is a FREE event for our community. Enjoy!

**You Must Sign Up**

**To Sign Up Please Call Hannah:**

(250) 542-3114 Ext 202 or  
Call or Text (250) 241-6659



### Kick Off the Holidays (Downtown Days)

**Free Parking on Saturdays  
until December 18th!**

Come on down town and enjoy roaming entertainment and check out the amazing instore specials for that last minute shopping.



### Hot Dog Roast

**Kekuli Bay**

**Monday, December 11th**

**at 10:30 am**

**\$2.50**

Dress warm and enjoy a wonderful day by the campfire!

**You Must Sign Up**

**To Sign Up Please Call Hannah:**

(250) 542-3114 Ext 202 or  
Call or Text (250) 241-6659



### Artsolutely

Artsolutely is the North Okanagan's most vibrant holiday artisan sale, featuring over 10,000 quality, hand-made items that you won't find anywhere else.

**Open 7 days a week  
December 1 to 24th**

Monday - Friday 9:00am - 7:00pm

Saturdays - 9:00am - 5:00pm

Sundays - 11:00am - 4:00pm

December 24th - 9:00am - 1:00pm



### Christmas Lights Tour

**Wednesday, December 13th**

**at 6 pm**

Take an evening tour of Vernon's homes and yards all lit up and so beautifully decorated for the Christmas season. It will be an amazing experience!

**You Must Sign Up**

**To Sign Up Please Call Hannah:**

(250) 542-3114 Ext 202 or  
Call or Text (250) 241-6659



**Saturday,  
December 2,  
2023**

**1:00 PM  
Okanagan  
Regional  
Library**



### Christmas Tea and Songs

**Wednesday, December 20th**

**at 1 pm**

Come on down to CMHA and have some tea and snacks. Enjoy good company and listen to some good old Christmas music and Bring Your Voice!

Join us for an afternoon of demonstrations of sustainable and handmade holiday gifts. Get crafty with the kids and create memories! All ages are welcome for this free holiday event!

## CREATIVE CORNER

### A Tree - by Lola Lyn Panetta

His name was Oakley.  
He lived outside my window.  
He said he was an ancient oak tree  
and his relatives came from a fertile meadow.

He asked me why I do not come out and play.  
I tell him I have not the strength.  
"I am like you," I said,  
"I have to stay rooted. Otherwise, like you,  
I could die sooner than expected."

Along came a little sparrow and flitted  
About Oakley's branches.  
"doesn't that make you itch?" I asked.  
"Not when the weather is windy," he replied.

I took a look at Oakley.  
I thought of how I never knew his scent.  
It had not appealed to me until now.  
Perhaps he smelled mild or pungent or  
strong or sweet.  
His species was deciduous -I knew that  
from school and the colour of his leaves,  
Which were ecru and tan and brown.  
I am sure he made the sound of soft audible breaths  
With the fluttering of his leaves  
And bowing of his branches.  
I could imagine them all shushing in the wind.

He asks me again why I don't come out and play.  
I tell him I haven't the strength.  
He says, "Oh yes, I remember now."

One day, I saw my uncle and my father by Oakley.  
Oakley must have been asleep  
For I did not hear a word from him.

Instead, what I heard and saw brought me to tears.  
They manhandled Oakley piece by piece.  
They sawed off his branches and tore out his roots.  
They did it in a mechanical way.

I grasped many things in that moment -  
Like what humans can do,  
What it is like to let go of control,  
And what it means to let go of feelings of permanence.

My mother then brought me into the living room by the fire -  
The smoking and blistering fire.  
The fire brought out the sweat in me and  
Over time, I started to feel better.

### Peace Is - by Violet Mobley

Peace is a deer standing in a forest clearing.  
Peace is a butterfly resting on your shoulder.  
Peace is a cool breeze gently brushing  
up against your face.  
Peace is a spring stroll through the woods.  
Peace is listening to the ocean's tide.  
Peace is listening to the wind as it  
rustles leaves of a tall tree.  
Peace is enjoying the sweet smell of air  
after a summer rain.  
Peace is watching snowflakes drift down the sky.  
Peace is listening to your favorite Christmas carol.  
Peace is the Christmas star shining from above.



I thought of Oakley and wiped away my tears.  
I thought of Oakley and thanked him.  
Looking back, I understood I was talking  
To a tree to keep me company,

But that tree reminded me that not all is lost  
And there are still seeds  
To plant to replace what is taken, what is shared.

I realized many things with my story of Oakley -  
Like the importance of sharing a relationship with nature  
And sharing a solid relationship with those around me.

As I became well again, the value of imagination,  
Respect and compassion were much clearer  
In their existence.

When I became well again,  
I would take my father into the backyard,  
To a corner of the organic garden soil,  
I would ask my father if we could plant a tree  
And wonder, as I recovered,  
What we would name him.

**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!**

**Do You Enjoy Creative Writing?**

**Creative Writing Benefits The Brain!**

**Try this creative writing prompt by Violet.**

As I gazed up at the Christmas star...



# ADULT COLOURING PAGE

“COLOURING RELAXES THE MIND”



# 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

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

### MEDIUM

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

# Christmas Word Search

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

- CHRISTMAS
- HOLLY
- ORNAMENT
- MISTLETOE
- GREEN
- RED
- SILVER
- BELLS
- JINGLE
- HOOHO
- STAR
- SANTA
- HOLIDAY
- STOCKING
- JOY
- MERRY
- CARD
- PRESENT
- BOW
- SNOWFLAKE
- TREE
- GINGERBREAD
- WREATH
- SNOWMAN
- CANDLE





### Medical Clinics

#### Vernon Urgent and Primary Care Clinic:

*Limited harm reduction supplies.*

# 101, 3105 28th Ave,  
(250) 541-1097

Provides primary medical care  
9:30am - 8:30pm 7 days a week

#### Options For Sexual Health Clinic:

1440 14<sup>th</sup> 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 32<sup>nd</sup> Ave.

Phone (250)-503-3737

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

Closed from 12:00 noon to 1:00pm

#### Saturday Lunch Program

All Saints Anglican Church

2601 43<sup>rd</sup> 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 27<sup>th</sup> 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, 2601-43<sup>rd</sup> 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
Suicide Crisis Helpline	988
Non-Emergency Police	250-545-7171
Community Response Team	250-260-7893
Interior Crisis Line	1-888-353-2273
Suicide Prevention Line	1-800-SUICIDE
	1-800-784-2433
Talk Suicide	1-888-456-4566
	Text 45645
310 Mental Health Support Line	310-6789
Vernon Hospital	250-545-2211
Poison Control	1-800-567-8911
Food Bank	250-549-4111

### Shelter

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

### Community Services

CMHA Vernon	250-542-3114
Peer Support Services	250-542-6155
Mental Illness Family Support	250-260-3233
Mental Health & Substance Use	250-549-5737
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
Legal Aid	250-545-3666
Neighborhood Link	250-558-5527

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

**COVID-19 Helpline 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)**



# December 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>CMHA IS LOCATED at 3100 28th Ave Vernon, BC (250) 542-3114 <a href="http://www.cmhavernon.ca">www.cmhavernon.ca</a></p>	<p><b>ALL PROGRAMS REQUIRE MANDATORY SIGN-UP</b></p>	<p><b>TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext 202 Or (250) 241-6659 Call or Text</b></p>		1	2
3	4	5 1pm Creative Writing	6 10:30 am Stretch and Swim	7 <b>CMHA CLOSED</b> Dinner and Dance (Doors open at 4:30 pm)	8 6pm Bethlehem Star	9
10	11 10:30 am Hot Dog Roast \$2.50 at Kekuli Bay	12 1pm Creative Writing	13 10:30 am Stretch and Swim 6pm Christmas Lights Tour	14 1pm Season Of Crafts	15 10am Chair yoga	16
17	18 	19 9am Free Pancake Breakfast	20 10:30 am Stretch and Swim 1pm Christmas Tea and Songs	21 1pm <b>BINGO!</b> 5pm Dinner and a Movie \$2.50	22 10am Chair Yoga	23
24	25 Merry Christmas <b>CMHA CLOSED</b>	26 <b>CMHA CLOSED</b>	27 <b>CMHA CLOSED</b>	28 <b>CMHA CLOSED</b>	29 <b>CMHA CLOSED</b>	30
31						