

Heather Kwantes

Manager of Adult Integrated Services



Hello CMHA!! I am so excited to move into my new role as Manager of Adult Integrated Services. I have been fortunate to have built many great connections already and am really looking forward to the opportunity to work with new faces and programs. The start of the New Year is a great time to begin a new adventure, and I am thrilled to join everyone on this journey.

I have enjoyed my time working alongside the Peer programs as the Peer Engagement Coordinator these past few years. It has given me time to learn, share and grow. I am so grateful to have been so welcomed and feel privileged to have been a part of the Peer Support Programs' stories. If we haven't met, please stop by and introduce yourself. I love visitors!

The Snow Fairy

I looked out of my window and for goodness sake!

There was a fairy riding on a snowflake!

She saw me and waved my way, I was shocked and didn't know what to say.

She was a real beautiful sight, Her hair was long and silvery white.

She wore a dress as white as a dove,

As she traveled on this snowflake from above,

Her eyes were as blue as could be, As she smiled and winked at me.

Then quietly without a sound,

She dismantled the snowflake as it reached the ground.

I noticed then that in her hand, She held a wand, waved it, and with one command,

There suddenly stood a marvelous tree,

All decorated for all to see,

It was a Christmas gift for me, I knew then at this time of year,

The snow fairy appears bringing lots of cheer,

To you and me and all we hold dear,

**Merry Christmas and
Happy New Year!**

by; Violet Mobley

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

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Vernon BC, V1T 1W3

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Fax: 250-549-8446

cmha@cmhavernon.ca

Peer Support

250-542-6155

peeroutreach.vernon@cmhavernon.ca

Trans Peer Support

trans.peer@cmhavernon.ca

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

Building Better Boundaries

Learn how to set and keep personal boundaries. Join us this winter to take a dive into everything boundaries, including assertiveness and dealing with objections.

Mondays Feb 26th – April 1st, 1:30 pm



When Anxiety and Panic Attack - New Season

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



Must register to attend

To **register** or for more information contact **Dani at 250-542-3114 ext. 242** or email **workshops@cmhavernon.ca**



Pathways to Wellness

NEEDS YOU!

Pathways to Wellness is looking for more co-facilitators!



Interested? Chat with Dani!
 250-542-3114 ext 242
 or talk to her at CMHA Main!

Income and PWD Assistance Dates 2024 Schedule

- January 17, 2024 (for February 2024)
- February 14, 2024 (for March 2024)
- March 20, 2024 (for April 2024)
- April 17, 2024 (for May 2024)
- May 15, 2024 (for June 2024)
- June 19, 2024 (for July 2024)
- July 17, 2024 (for August 2024)
- August 21, 2024 (for September 2024)
- September 18, 2024 (for October 2024)
- October 23, 2024 (for November 2024)
- November 20, 2024 (for December 2024)
- December 18, 2024 (for January 2025)

Peer Support Volunteer of the Month Colin



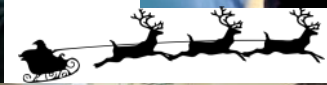
“The Fine-Arts are my forte. I enjoy sketching portraits and cartooning with pen and ink. Theatre, particularly musical theatre is a real passion. You might often see me on a stage at Vernon’s Powerhouse Theatre. A favorite thing to do is play guitar and piano. I enjoy plucking out tunes by the Eagles or doing a version of Piano Man on my keyboard.

These hobbies and passions keeps me well and have tremendous therapeutic value. It can be a way to connect with others; finding common ground through creative expression.

I also enjoy yoga and meditation. These activities keep me centered and balanced; life is more manageable.

But most of all, my friends and co-workers at CMHA have been a constant support in my journey towards wholeness and healing.”

2023 Christmas Dinner and Dance



Kitchen Hours

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



Kitchen Hours of Operation



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

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

From Jen's Kitchen to Your Home National Bagel Day - January 15th

Italian Salami Bagel Sandwich:

Ingredients:

1 whole Plain Bagel, sliced in half	4 whole pepperoncini peppers, thinly sliced (optional)
4 thin slices mortadella	2 tbsp fresh lemon juice
4 thin slices pepperoni	1/2 tsp sugar
4 thin slices Genoa salami	1/2 tsp Dijon mustard
2 whole slices cooked bacon	4 tbsp olive oil
3 slices provolone cheese	1 pinch salt and black pepper



Instructions:

1. Slice the bagel in half.
2. Layer the four meats on top of the bottom half of the bagel.
3. Top with the provolone cheese and sliced peppers.
4. Whisk the lemon juice, sugar, mustard, olive oil and salt and pepper together until emulsified.
5. Drizzle the dressing over the meat and cheese and add the top of the bagel.
6. Slice in half and serve with an easy side salad for a perfect tasty lunch.

CMHA and Local ACTIVITIES

Snow Shoeing Is Back!

Mondays

**January 15th, and 22nd
at 12:15 pm**

Dress warm and come on out for some excellent exercise, fresh air and good company.

You Must Sign Up
To Sign Up Please Call Hannah:
(250) 542-3114 Ext 202 or
Call or Text (250) 241-6659



64th Annual Vernon Winter Carnival

February 2nd to 11th

Event Tickets are on sale Now!
Buy in store, call or online.

Contact:-

Vernon Winter Carnival 3401-35th Ave., Phone: 250-545-2236 or
email: hello@vernonwintercarnival.com



Office Hours:-
**Starting January 13th through
to Carnival**
Monday-Friday at 9am-4pm
Saturdays at 10am-4pm



Tube Town

Thursday, January 25th at 3 pm

\$10

dinner included

No skill or equipment are required - just a sense of adventure and a desire for excitement.

You Must Sign Up
To Sign Up Please Call Hannah:
(250) 542-3114 Ext 202 or
Call or Text (250) 241-6659



Caravan Farm Theatre

4886 Salmon River Rd, Armstrong
Hours: Tuesday - Saturday
9:30 am - 4:30 pm

Caravan Farm Theatre is a not-for-profit professional outdoor theatre company based on an 80 acre farm. It is operated by the Bill Miner Society for Cultural Advancement.

For more information on events,
book tickets or get directions,
Contact by phone or email:

Box Office: 1-866-546-8533
Administration: 250-546-8500
Email: boxoffice@caravanfarmtheatre.com



Dinner and A Movie!

Thursday

January 11th at 5 pm

\$2.50



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



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

Theme Schedule for January

- 5th** - Progressive Relaxation
- 12th** - Mental Health Boosters
- 19th** - Re-framing Negative Thoughts
- 26th** - My Emotions Wheel

For more information contact
Dani at 250-542-3114 ext. 242 or email
workshops@cmhavernon.ca

CREATIVE CORNER

National Peanut Brittle Day

Friday, January 26



Ingredients:

- 1 1/4 cups (175g) unsalted dry roasted peanuts
- 3/4 teaspoon baking soda
- 1/4 teaspoon kosher salt (omit if using salted peanuts)
- 1 cup (200g) white sugar
- 1/2 cup (150g) light corn syrup
- 1/4 cup (57g or 1/2 stick) unsalted butter
- 1/4 cup water
- 2 teaspoons vanilla extract

Method:

1. Prep the baking sheet. Spray a baking sheet with cooking oil. Measure out the peanuts in a medium bowl, the baking soda and salt into a small bowl, and the vanilla in another small bowl.
2. Place the sugar, corn syrup, butter, and water in a saucepan at least (3 quarts) after adding the baking soda. Turn the heat on high and gently stir with a wooden spoon or heatproof spatula until the butter has melted and the sugar has dissolved.
3. Once the sugar has dissolved, reduce heat to medium-high (or medium-low). Cook, without stirring, for 8 to 12 minutes (or longer if at a lower

The Touch

Your smile that reaches out
and touches my soul,
A kindly word spoken, a gentle
phrase told.

Your eyes filled with compassion that
comes from the heart, and your voice
that speaks gently of caring thoughts.

And the warmth of heaven that
radiates from above,
A touch of God's
wondrous, infinite love
that heals every pain and sorrow,
and is remembered in the heart
for today and every tomorrow.

by; Don McAllister

temperature) until the mixture reaches the color of golden caramel about 340°F.

4. When the caramel has reached the right color/temperature, remove from heat and stir in the vanilla, baking soda, and salt carefully. The caramel will boil and steam.
5. Stir in the peanuts, then immediately pour onto the prepared baking sheet: Spread the brittle evenly across the pan using a heatproof spatula.
6. Let the brittle cool for 1 hour at room temperature, and then break the brittle into 2-inch pieces with your hands or chop with a chef's knife.

**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 the horse-drawn sleigh slid through the
snow...**

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

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

MEDIUM

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

MOTIVATION WORDSEARCH

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

- Hustle
- Inspire
- Work
- Blessed
- Believe
- Journey
- Breathe
- Persistence
- Succeed
- Power
- Teach
- Reading
- Imagination
- Humble
- Dream
- Best
- Give
- Winner
- Think
- Shine
- Progress
- Respect

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 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

Closed from 12:00 noon to 1:00pm

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
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)



January 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 Happy New Year CMHA CLOSED	2 10:30 am Walk @ Kal Tire 1pm Creative Writing	3 10am Stretch and Swim (Leave CMHA 10:10am)	4 1pm Club Social 5pm \$2.50 Dinner and a Movie	5 1:30-2:30pm Feel Good Friday's	6 	
7 	8 	9 10:30 am Walk @ Kal Tire 1pm Creative Writing	10 10am Stretch and Swim (Leave CMHA 10:10am)	11 1pm Club Social 5pm \$2.50 Dinner and a Movie	12 10am Chair Yoga 1:30-2:30pm Feel Good Friday's	13
14 	15 12:15 pm Snowshoeing	16 10:30 am Walk @ Kal Tire 1pm Creative Writing	17 10am Stretch and Swim (Leave CMHA 10:10am)	18 1pm Club Social	19 10am Chair Yoga 1:30-2:30pm Feel Good Friday's	20
21 	22 12:15 pm Snowshoeing	23 10:30 am Walk @ Kal Tire 1pm Creative Writing	24 10am Stretch and Swim (Leave CMHA 10:10am)	25 1pm Club Social 3pm Tube Town \$10 Dinner included	26 10am Chair Yoga 1:30-2:30pm Feel Good Friday's	27
28 	29 	30 10:30 am Walk @ Kal Tire 1pm Creative Writing	31 10am Stretch and Swim (Leave CMHA 10:10am)	ALL PROGRAMS REQUIRE MANDATORY SIGN-UP	TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext. 202 Or Call or Text (250) 241-6659	CMHA IS LOCATED at 3100 28th Ave Vernon, BC (250) 542-3114 www.cmhavernon.ca