

# THE GRAPEVINE

**FEBRUARY  
2024**

## 64<sup>th</sup> Annual Vernon Winter Carnival February 2<sup>nd</sup> - 11<sup>th</sup>



The Vernon Winter Carnival Society has brought back Jopette and Jopo, with the carnival theme of **Games!** Join us for 10 days of carnival fun and games. We will still feature our long-time favorites like the Carnival Cops, and the Carnival Parade.

Here are some **EVENTS** :

**Snow sculptures** at Silver Star

Friday 2nd Feb - Sunday 4th

**Balloon Glow** at Polson Park

Friday 2nd Feb 4pm - 6:30pm

**Carnival Parade**

Saturday 3rd Feb starting at 12 noon

**Trading Card Free Activity** at Vernon

Community Arts Centre

Saturday 3rd Feb 3:30pm - 5:30pm

**Brain Games: Mind-blowing Science** at

Okanagan Science Centre

Sunday 4th Feb 10am - 5pm

**Jopo Swim** at the Vernon Recreation

Centre

Sunday 4th Feb 1:30pm - 4pm

**Gameboard Chronicles** at Vernon

Museum

2nd, 3rd, 8th, 9th and 10th Feb 11am - 4pm

7th Feb 1pm - 4pm

**Storytelling Okanagan Indian Band** at the

Pit-House, Komasket Park, Westside Road

6th, 8th, 9th, 10th Feb 1pm - 2:30 pm

**Senior's Bingo** at the Family Resource

Centre

Sunday 4th Feb 2pm - 3:30pm

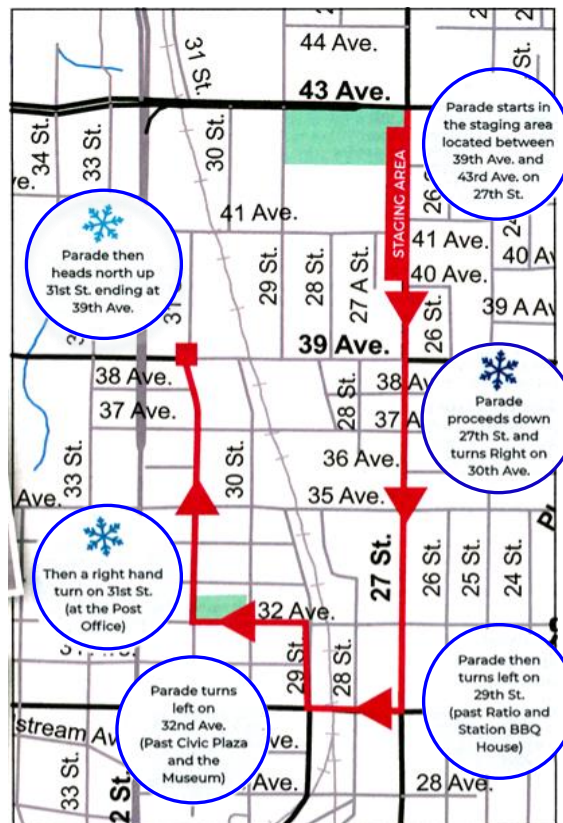
**Celebration of Talent** at the Schubert

Centre

Sunday 4th Feb 1pm

### Parade Route

Saturday, 3rd Feb starting at 12 noon



**Total Fun Bed Races** at Kal Tire Place

Parking Lot

Wednesday 7th Feb 12pm - 2pm

**Board Game Making** at Okanagan Regional

Library

Wednesday 7th Feb 3:30pm - 4:45pm

**Pride Game Night** at The Boarding House

Café

Friday 9th Feb 6pm - 8pm

**Family Fun Park** in Kal Tire Parking lot

Friday 9th Feb 12pm - 8pm

### 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.

### CMHA CLOSED Happy Family Day



**Monday, February 19<sup>th</sup>**

### 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

## TOWN HALL MEETING

**Thursday, February 1<sup>st</sup> at 11:45am in the CMHA Conference Room**

Lunch Provided

Feel free to use the question box in the kitchen.

## 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 from February 1<sup>st</sup> to April 30<sup>th</sup> 2024.

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 your T4, T4A, 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, PWD, 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 [Canda.ca/disability-tax-credit](https://Canada.ca/disability-tax-credit) or call 1-800-959-8281.

## 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, February 26th – April 1st, 1:30 pm - 3:00pm**  
**Must register to attend**



### When Anxiety and Panic Attack Virtual

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

**Thursdays, February 8th - March 14th, 9:00am - 10:30am**  
**virtually on Zoom.**

- Must have access to a computer, internet and know how to use Zoom.

**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)**

## **\*IMPORTANT NOTICE\***

### **Volunteer Reimbursement**

Dear CMHA Volunteers,

The following information is for you to know about some changes coming regarding the reimbursement that you receive for volunteering at CMHA. Volunteer Reimbursement (VEP), Pathways to Wellness reimbursement, Peer Support reimbursement, snow shoveling and grounds keeping reimbursement (among others) are all included in this notice. This **does not affect CVS volunteers.**

After close investigation into Canadian tax and Canada Revenue Agency (CRA) laws, it has been determined by our Finance Department that any volunteers who receive over \$500.00 (five hundred dollars) in a calendar year (January through to December) must receive a T4A. The Canadian Revenue Agency and Income tax Act have declared that amounts paid over \$500 must be considered income, and subject to tax. This will begin for the 2023 tax year.

We understand that you may have questions about this new information. Connect with a CMHA staff if you have questions or concerns, and we will do our best to address them.

We thank you for your patience and consideration as we move towards this change. To learn more, or ask questions, attend the Town Hall meeting on Thursday February 1st.

Thank you, CMHA Staff



## **Annual Talent Show**

**CMHA is Searching for Stars!**

Come participate in our CMHA's got talent!



**You Must Sign Up  
by February 29 at the front desk**

## **Peer Support Volunteer of the Month Gail Pifer**



Hello Grapevine Readers, my name is Gail Pifer, I am a Peer Support person volunteering at the Peer Support Office at CMHA. I invite all of you to drop in and share a story with us at Peer. I love life, my horse, Spider, my Dog Guide, Tae and all my relations.

In 2024 my goal is to share kindness, gratitude, peace and harmony with love for life with everyone I meet.

I am grateful for this moment: Pausing and savoring the present, recognizing its unique beauty and potential.

I am grateful for the next breath I take: Appreciating the gift of life as I inhale and exhale, embracing the flow of energy within myself.

I am grateful to feel the sunshine on my face: Allowing the warmth of the sun to remind me of the abundance of light and positivity in my life.

I am grateful for my heartbeat: Recognizing the miraculous rhythm that keeps me alive, a reminder of the vitality and purpose within.

Gratitude encourages us to embrace the present and find joy in the tiniest details of our daily experiences.

Please be grateful along with me and come visit the best Peers at our Peer Office. If you need a boost or someone to listen we are all pros!

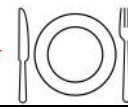


## Kitchen Hours

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
<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 National Chili Day - February 22

### Classic Chili

#### Ingredients:

- 1 tablespoon olive oil
- 1 medium yellow onion -diced
- 1 pound 90% lean ground beef
- 2 1/2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons granulated sugar
- 2 tablespoons tomato paste
- 1 tablespoon garlic powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper\* - **optional**
- 1 1/2 cups beef broth
- 1 (15 oz.) can petite diced tomatoes
- 1 (16 oz.) can red kidney beans, drained and rinsed
- 1 (8 oz.) can tomato sauce



#### Instructions:

1. Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
2. Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
3. Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.
4. Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
5. Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
6. Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.

**Here are some toppings that go well with Chili:-** shredded cheddar cheese, sour cream, sliced green onions, saltine crackers oyster crackers, or diced avocado.

## CMHA and Local ACTIVITIES

### Valentine's Dinner

**Wednesday, February 14<sup>th</sup>  
at 4:00 pm**

**Black Shirt - Black Dress**

**3 course Meal - \$3/pp**

Bring a guest and come on out for a great dinner  
and a wonderful time.

#### You Must Sign Up

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



### Balloon Glow at Polson Park

**Returns!**

**Friday February 2<sup>nd</sup>**

Bring the family down for dinner. Food trucks on site and  
FREE bussing that day!

4pm-6:30pm

4pm Food Trucks on Site

4:30pm Kinshira Fire Show

5pm Balloons start to glow



There's nothing like the warmth and light from a Hot Air Balloon in the dark of winter. Come out and enjoy on the Vernon Winter Carnival's most beloved events. Pilots and crew will be on site, get up close and personal for photos and fun.

FREE Bus Public Transit Routes 1-9, no transfers. (Not free on 60,61 and 90 – regional)

FREE to attend

### Snowshoeing is Back!

**Mondays, February 5<sup>th</sup> 12<sup>th</sup> 26<sup>th</sup>  
at 12:15 pm**

Come on out and get some fresh air and great  
exercise and enjoy good company all at the same  
time!

#### You Must Sign Up

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



### 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!

### Tube Town!

**Thursday, February 22<sup>nd</sup>  
at 3:00pm**

**\$10**

**Dinner Included**

Join Hannah for some outdoor fun  
at Tube Town.

#### You Must Sign Up

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



### Fridays, Weekly

**1:30pm - 2:30 pm**

### Schedule for February

**9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup>**

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



## CREATIVE CORNER

### Canvas Heart Art

#### Supplies for Canvas Heart Art

- Glue Gun
- 8×10 canvases
- Pom poms
- Small artificial flowers
- Tissue paper streamers
- Glitter
- Yarn
- Heart doilies
- Foam heart stickers

#### How to Make Canvas Heart Art

Start out by tracing a heart template to ensure all your hearts are the same size. You can print out a template from the internet or make your own using cardboard. Measure where you want it on the canvas and trace lightly with a pencil.

#### Pom-Pom Heart Art:

Fill heart with pom-poms by using a glue gun to affix pom-poms to the canvas. Start by working around the outline, and then filling in the heart while randomly scattering the different colors.



#### Flower Heart Art

For the flowers, use a similar approach as the pom-poms. Clip them off their stem and then hot glue them around the heart, starting with the outside and then working into the middle.



#### Tissue Paper Heart Art

For the tissue paper heart, cut 2 inch strips of crepe paper and then scrunch them into little balls with your fingers. Then run a bead of craft glue around the heart outline and stuck them on. You can fill in the whole heart if you want or just leave it as is!



#### Glitter Heart Art

For the glitter heart, spread an even layer of Mod Podge within the heart outline using a small brush and then sprinkle on heart glitter.



#### Yarn Heart Art

The yarn heart takes the longest amount of time. To make it, run a bead of Elmer's glue around the outline of the heart and then pressed the yarn into it. Keep adding more beads of glue and pressed the yarn into it, working towards the middle of the heart. It is a little tricky to keep it all in place, but the results are pretty cool!



#### Doilies Heart Art

Use a couple heart doilies to tape or glue onto the canvas.



#### Foam Heart Art

Use foam heart stickers to fill in the heart outline. Start by working from the middle of the heart towards the outline.



Once you are finished making the canvases, lay them out on the floor and move them around until you have the order you like. Hang them on the wall using a small nail. Be careful to measure out their placement so they are evenly spaced and straight!

**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 pink sunset gently melted over the horizon...



# ADULT COLOURING PAGE

COLOURING RELAXES THE MIND

**Happy “Pal”-entines Day!**



**February 13th**

## 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

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

MEDIUM

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

## FEBRUARY

### WORD SEARCH



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

ARROW  
 CHILI DAY  
 CHINESE NEW YEAR  
 CHOCOLATE  
 CUPID  
 FEBRUARY  
 FLOWERS  
 FRIENDS  
 GROUNDHOG DAY  
 KINDNESS  
 LEAP YEAR  
 LOVE  
 MARDI GRAS  
 NUTELLA  
 PARTY  
 PRESIDENTS DAY  
 SUPER BOWL  
 SWEETHEART  
 VALENTINES  
 WINTER



### **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)**



# February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
CMHA IS LOCATED at 3100 28th Ave Vernon, BC (250) 542-3114 <a href="http://www.cmhavernon.ca">www.cmhavernon.ca</a>	ALL PROGRAMS REQUIRE MANDATORY SIGN-UP	TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext. 202 Or Call or Text (250) 241-6659		1 11:45am Town Hall Meeting Lunch Provided	2 10am Chair Yoga	3
4	5 11am Keep Fit Have Fun 12:15 pm Snowshoeing	6 10:15 am Indoor Walk 1pm Creative Writing	7	8 1pm Club Social	9 10am Chair Yoga 1:30 - 2:30 pm Feel Good Friday	10
11	12 11am Keep Fit Have Fun 12:15 pm Snowshoeing	13 9 am Free Pancake Breakfast 1pm Creative Writing	14 Black Shirt - Black Dress Valentines Dinner 4pm - 3 course meal \$3/pp MUST SIGN UP. - Bring a guest	15 1pm Club Social (Movie)	16 10am Chair Yoga 1:30 - 2:30 pm Feel Good Friday	17
18	19 Happy Family Day CMHA Closed	20 1pm Creative Writing	21 10:30 am Stretch and Swim ( must pre register)	22 3pm Tube Town \$10 Dinner Included	23 10am Chair Yoga 1:30 - 2:30 pm Feel Good Friday	24
25	26 11am Keep Fit Have Fun 12:15 pm Snowshoeing	27 10:15 am Indoor Walk 1pm Creative Writing	28 10:30 am Stretch and Swim ( must pre register)	29 1pm Club Social (Bingo)		