

New WorkBC Case Manager Welcome Salvador Martinez



Hello!

My Name is Salvador Martinez and I'm the new Case Manager with CMHA. I am very excited to start working at CMHA and getting to know each of you. I feel that it is a great way to start the year, meeting new people, setting new goals, and having new experiences.

I really enjoy learning and sharing the things I've learned for the benefit of others, as well as helping the community. I was born in Mexico City and I went to University for International affairs, after I graduated, I worked for a while in Mexico, then I decided I wanted to move to Canada.

On December 2019, my initial plan was to live in Alberta, specifically Grand Prairie, where I have some family. I hoped to settle there while searching for employment, but due to various reasons it didn't work out as planned, but during a visit to Vernon to see one of my cousins, I was captivated by the Okanagan valley, and considering there is no winters of -38 degrees here, it seemed like an excellent choice, to look for employment here, so I did, and things worked out the way I was expecting and now, it's been 4 years since I moved from Mexico.

As for my previous job, I was at an immigration services association, assisting newcomers with their immigration processes, such as permanent residency and work permits, WorkSafe claims and employment counseling, I enjoyed it immensely, and some of the things that I enjoy doing is spending time with family, friends, and my dog. I frequently go for hikes with my dog to prevent him from turning into a little tornado inside my home since he has lots of energy, also I try to go the gym as often as I can, even if its only one day a week still counts!

I would like to express how glad I am to have joined CMHA, I've felt so welcomed by everybody, I'm really looking forward to continuing in this great experience.

"GREEN BAY CAMP"

17th - 20th September

**DO YOU WISH TO ATTEND GREEN BAY CAMP THIS YEAR?
SIGN UP AND START PAYING NOW!**

You can have 3 relaxing days & nights to enjoy the fresh air, great meals, and accommodations and perhaps take part in some of the fun activities.



**For more information and to sign up call Hannah at CMHA
250-542-3114 ext. 202**

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.

Sunday, March 10th



**Don't Forget to Set Your
Clocks!**

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

Phone: 250-542-3114
ext 299

or e-mail
peeroutreach.vernon@cmhavernon.ca

Trans Peer Support

trans.peer@cmhavernon.ca

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 1st to April 30th 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.

Upcoming Changes to Advisory Committee!

Pathways to Wellness is excited to announce a new change in our Advisory Committee member terms! Starting April 1st, we will be accepting members for 3 month terms, rather than the previous 1 year. We hope this will encourage new faces to join us and see what our co-production process is like. We hope to see you soon!

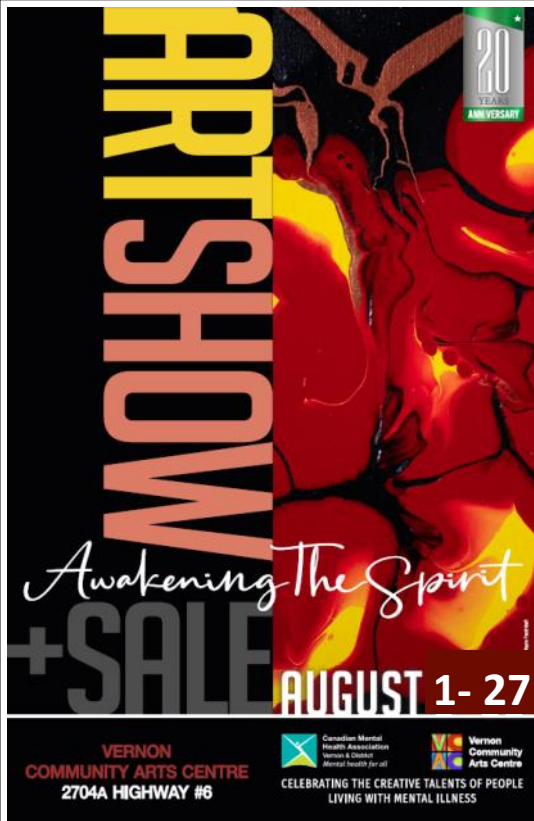


Pathways to Wellness

To register or for more information contact

**Dani at 250-542-3114
ext. 242**

or email
workshops@cmhavernon.ca



ATTENTION ARTISTS!

Awakening the Spirit Art Show and Sale

1st August to 27th August 2024!

IMPORTANT DATES FOR ARTISTS

29 th April - 3 rd May	Poster Submissions to CMHA
13 th May	Committee Selects Poster
23 rd May – 21 st June	Framing Workshop at CMHA
24 th June – 28 th June	Submission of Artwork to CMHA.
1 st August – 27 th August	Awakening the Spirit Art Show and Sale
28 th August 9:30 to 10:30 AM	Pick-up unsold artwork at the Vernon Community Arts Centre



For more information call Zoe (ext. 227)



Town Hall Review

When attending an intake, or a update, every participant signs a document with rules and expectations of volunteers and participants. These are in place so CMHA can remain a safe environment for participants to come and engage in the CMHA community.

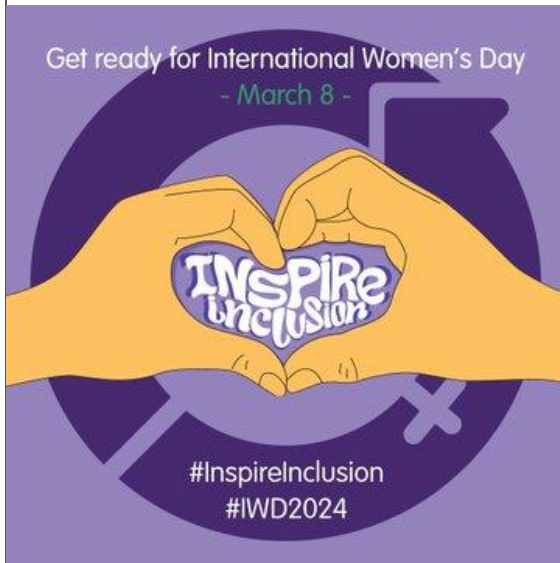
It reads "I declare that any information or knowledge that becomes available to me while at the Canadian Mental Health Association (CMHA) Vernon and District will remain confidential. This includes days I volunteer or days I drop in. I agree to absolutely **no giving or borrowing** of money, cigarettes, lunches, or anything else from participants or staff. Secondly, I agree that **NO DRUGS** (including marijuana) **OR ALCOHOL** will be on me personally or consumed on the property of CMHA. Finally, I agree to not consuming alcohol or drugs prior to attending CMHA." The Town Hall meeting was a reminder and warning that if participants are not respecting these rules there will be a suspension issued to the individual involved, for a length of time determined by the staff based on circumstances.

Not smoking on the bench, or outside of, Peer Support will be enforced from now on. It is a Bylaw that states that smoking is not allowed 10 meters from a door, which this bench is. There is a visible sign to indicate where no smoking is to be enforced. Please smoke by the hedge in the parking lot where a butt can will be placed for convivence, or if the kitchen is open the smoke deck is available for use.

International Women's Day

March 8, 2024

#InspireInclusion



For International Women's Day (IWD) the theme for 2024 is **Inspire Inclusion**. When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment. Collectively, let's forge a more inclusive world for women.

With well over a century of history and change, the first IWD was held in March 1911. IWD isn't country, group or organization specific. It's a day of collective global activism and celebration that belongs to all those committed to forging women's equality.

World-renowned feminist, journalist and activist, Gloria Steinem, reportedly once explained: "The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights."

So together, let's all help fight the good fight. All IWD activity is valid, that's what makes IWD so inclusive. Join in and make IWD your day, doing what you can to support and advance women: to truly include women means to openly embrace their diversity of race, age, ability, faith, body image, and how they identify. Worldwide, women must be included in all fields of endeavor.

How will you inspire inclusion?

On an organizational or group basis, there are many ways to ensure the needs, interests and aspirations of women and girls are valued and included. Organizations and groups can **#InspireInclusion** through action in areas such as:

- Wear purple. Purple symbolizes strength, power, justice, and dignity. Dressing in the International Women's Day universal color is a simple yet effective way to show support.
- Watch a documentary on women's rights.
- Read books about gender equality.
- Learn about the challenges women and girls face around the world.
- Donate to organizations around the world that support women and girls.
- Shop from women-owned and women-led businesses.
- Have a dance party to an all-woman playlist.
- Have a women filmmakers movie marathon.
- Follow and amplify the voices of diverse women creators outside of your bubble.
- Strike the **#InspireInclusion** pose to show solidarity. When we truly value difference, inclusion comes from the heart.
- Head over to the **Vernon Okanagan Regional Library on Sunday March 10th** for their free **International Women's Day Celebration at 12:30pm**. Feel free to bring a photo and a short story to share. This event is open to anyone who identifies as female.

For more information visit www.internationalwomensday.com



"Inspire Inclusion" Pose

Peer Support Volunteer of the Month

Nathan



Hello Grapevine readers

My name is Nathan I have been volunteering with peer support for 3 years. Peer support has been really helpful for my recovery as meeting people with a mental illness like myself help me find new solutions for recovery. My hobbies include cross-country skiing, cycling, camping, walking. At peer support, we encourage people to inquire about their diagnoses and hopefully we will be able to help.

Nathan



Dr. Seuss's Birthday

March 2nd, 1904



Dr. Seuss, born Theodor Seuss Geisel, is widely known for his work in children's literature. Publishing under many different pseudonyms throughout his career he ultimately settled on Dr. Seuss for a career that spanned seven decades.

The author wrote more than 60 books including "The Cat in the Hat" and "Green Eggs and Ham." His books have been translated into dozens of languages as well as in Braille and are sold in more than 95 countries. There has even been a theme park named "**Seuss Landing**" built at Universal Islands of Adventure in Orlando, Florida, based on his books and characters. Here's a look at some of Dr. Seuss' best-selling books of all-time, and ones you can watch at home!

1. The author's most popular book ever written, "**Green Eggs and Ham**" sits atop the list of top-selling Dr. Seuss books of all-time. The book received such universal acclaim that it was eventually adapted for television with 1973's "Dr. Seuss on the Loose". Dr. Seuss wrote "**Green Eggs and Ham**" on a bet that he couldn't write a book with 50 or fewer words. The bet was made in 1960 with Bennett Cerf, the co-founder of Random House, and was for \$50 (estimated \$382 today).
2. **The Cat in the Hat.** The cat adorned in the red-and-white striped hat is an iconic image forever emblazoned in the minds of readers. A movie adaptation was created in 2003 with Mike Myers being the fun loving cat.
3. **Dr. Seuss's ABCs.** 'Dr. Seuss's ABC' taught children the alphabet.
4. **One Fish, Two Fish, Red Fish, Blue Fish.** One Fish, Two Fish, Red Fish, Blue Fish' is best known for its rhyming structure throughout the book. The book is rife with silly rhymes and colorful animations that allowed for children to explore their imaginations and keep them entertained for hours on end.
5. **Oh, the Places You'll Go!** Released in 1990, "Oh, the Places You'll Go!" was the final book that Dr. Seuss published in his lifetime.
6. **How the Grinch Stole Christmas!** became a Christmas classic. The Grinch has been made into many movies starting with the original cartoon in 1966, a live action in 2000, and an animated one in 2018. The most famous being 2000 with Jim Carey being in the role of The Grinch.
7. **The Lorax.** The Lorax shows Dr Seuss's views on climate change and pollution, teaching kids about how important it is to do our part to protect our environment or in this case truffula trees. In the 2012 movie made \$351.4 million.
8. **Horton Hears a Who.** The small creatures who live on a speck of dust are threatened with destruction until the smallest Who of all helps convince Horton and his friends that Whos really exist. In 2008 an animated movie was released to the public.



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-2:00pm Fresh lunch served at 12pm	9:00am-2:00pm Fresh lunch served at 12pm	9:00am-2:00pm Fresh lunch served at 12pm	9:00am-2:00pm Fresh lunch served at 12pm

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

From Jen's Kitchen to Your Home

National Meatball Day March 9

Ingredients

- ½ cup brown sugar loosely packed
- ½ cup vinegar
- ¼ cup ketchup
- 1 tablespoon soy sauce
- 2¼ cups pineapple juice
- 1 tablespoon cornstarch
- 25 all-purpose meatballs (frozen is fine)
- 2 bell peppers chopped
- 1 cup drained small pineapple chunks
- 2 tablespoons sliced green onions for garnish
- rice for serving



Instructions

1. Add brown sugar, vinegar, ketchup, soy sauce, and 2 cups of pineapple juice to a large skillet over medium-high heat. Bring to a boil.
2. In a small bowl, mix cornstarch and the remaining ¼ cup pineapple juice together, whisking to get out all the lumps. Whisk into your skillet.
3. Add Meatballs and chopped peppers. Bring to a simmer. Cover and cook for 8-10 minutes until the sauce has thickened and the meatballs are heated through.
4. Stir in pineapple chunks. Serve warm over rice. Top with green onion.

CMHA and Local ACTIVITIES

Wildlife Museum Tour

Monday, March 18

Time To Be Determined!

You will see an outstanding selection of mounted Canadian birds and animals and have a great educational learning experience as well. There is a Gift Shop, with an amazing selection of wildlife and nature related, souvenirs and gifts too.



You Must Sign Up

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

Lets Go Bowling!

Thursday, March 22 at 12:45pm

\$3

Great Fun, Great Company,
Great Exercise



You Must Sign Up

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

CMHA's Club Social

Thursday, March 28 at 1pm



Do You Like To Paint?
Come on down and join us.

**SAVE
THE DATE!**

More details to
come!

**CMHA'S
GOT
TALENT**

2nd Annual Talent
Show

**APRIL
5TH
2024**

Taste of Downtown

March 16 at The Elks Hall.

11am - 3pm

Free to attend, Toonie per sample,
(\$2 tickets available to purchase at
door) and there's **Free Parking** at
the meters all day!



Participating Restaurants

Midtown Bistro, Marten Brewing, Los Huesos, Station
BBQ, Rich Tea Asian Foods, Hot Bread Shoppe, Caken
Me Crazy, Haveli Restaurant, Samosa Joes, Teassential,
The Kal, OhKim Sushi, La Carraia and more!

For even more fun there will be
Live Music outside (under a large tent) with
The Silverbacks Band and **Cat Wells & Kris Anders**

Window Easter Egg Hunt

March 28, 10am - April 1, 5pm

On March 28, grab a copy of Downtown Vernon's Clue List in The Morning Star (or print a copy from their website). Follow the clues to find the store name, then look for the Easter egg in their window. Write down the egg number in the clue sheet, under the store name. When you are done, e-mail a photo of the clue list or type the answers in bullet points to us, by April 1st at 5pm. Enter for your chance to win one of four \$25 Downtown Vernon Dollars (GC's)!



CREATIVE CORNER

Pun Lovers

- What's the difference between a hippo and a zippo? One is really heavy and the other is a little lighter.
- Two windmills are standing in a wind farm. One asks, "What's your favorite kind of music?" The other says, "I'm a big metal fan."
- I went to buy some camouflage trousers yesterday but couldn't find any.
- What do you call a bee that can't make up its mind? A maybe.
- I tried to sue the airline for losing my luggage. I lost my case.
- When everything is coming your way, you're in the wrong lane.
- She had a photographic memory but never developed it.
- I wasn't originally going to get a brain transplant, but then I changed my mind.
- The guy who invented the door knocker got a no-bell prize.
- I used to be indecisive; now I'm not so sure.
- Sleeping comes so naturally to me, I could do it with my eyes closed.
- What do you call a super articulate dinosaur? A Thesaurus.



Submitted by Janice

Don't Quit

John Greenleaf Whittier (1807-1892)

When things go wrong as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't quit.

Life is strange with its twists and turns
As every one of us sometimes learns
And many a failure comes about
When he might have won had he stuck it out;
Don't give up though the pace seems slow
You may succeed with another blow.

Success is failure turned inside out
The silver tint of the clouds of doubt,
And you never can tell just how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit
It's when things seem worst that you might quit.

For all the sad words of tongue or pen,
The saddest are these; "It might have been!"

Submitted by Glen Suderman

**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 Janice.**

I leaned back against the old pine tree and began to
dream of ...

ADULT COLOURING PAGE

COLOURING RELAXES THE MIND

Happy Easter



March 31st

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

MEDIUM

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

SPRING IS IN THE AIR

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

GROW
 BLOOM
 SUNSHINE
 MARCH
 DAFFODIL
 BLOSSOM
 SEEDS
 SKY
 JONQUIL
 BUD
 GARDEN
 WALKING
 RAIN
 GOLF
 BIRDS
 SOIL
 UMBRELLA
 PICNIC
 GARDENING
 BEE
 PLANT
 TULIP
 MAY
 FLOWER
 APRIL

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
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
Family Resource Center	250-545-3390
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)



March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30am Chair Yoga	2
3	4	5 10:30am Walk 1pm Creative Writing	6 10:30am Swim and Soak	7	8	9
10	11 10am Snowshoe and Lunch \$4	12 10:30am Walk 1pm Creative Writing	13 10:30am Swim and Soak	14 1pm Club Social -Wheel of Fortune	15 10:30am Chair Yoga	16
17 HAPPY ST. PATRICKS DAY 	18 Wildlife Museum Tour	19 9am Pancake Breakfast 10:30am Walk 1pm Creative Writing	20 10:30am Swim and Soak	21 5pm Dinner and Movie \$2.50	22 10:30am Chair Yoga 12:45pm Bowling \$3	23
24	25 10am Snowshoe and Lunch \$4	26 10:30am Walk 1pm Creative Writing	27 12pm Easter Dinner	28 1pm Club Social Painting	29 Good Friday CMHA Closed	30
31 HAPPY EASTER 	1st April Easter Monday CMHA Closed			TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext. 202 Or Call or Text (250) 241-6659	ALL PROGRAMS REQUIRE MANDATORY SIGN-UP	CMHA IS LOCATED at 3100 28th Ave Vernon, BC (250) 542-3114 www.cmhavernon.ca