

# THE GRAPEVINE

**APRIL**  
**2024**

## THE INDEPENDENT RIGHTS ADVICE SERVICE

The Independent Rights Advice Service (IRAS) provides people who are involuntarily detained under the Mental Health Act with information about their rights. This service aims to ensure that individuals understand their rights and can make informed decisions while detained in the hospital or a facility. The IRAS program can offer support in obtaining a lawyer and provide guidance on available resources and support networks. By empowering individuals with information and support, this service helps to uphold people's rights and dignity throughout the mental health treatment process.

### WHO IS ELIGIBLE FOR THE INDEPENDENT RIGHTS ADVICE SERVICE?

Only people experiencing detention and involuntary treatment can access the Independent Rights Advice Service. Support network members cannot book rights advice meetings for themselves but can attend a rights advice meeting with the consent of the person they are supporting.

**If you are 16 years of age or older** you can ask for help from the Independent Rights Advice Service if you are currently an involuntary patient under the Mental Health Act. This means either you are detained in a hospital or facility and are not permitted to move freely or leave as you wish, OR you are on extended leave. This means you may live outside a hospital or facility, but you have to meet conditions like living in a specific place, having a curfew, taking your medication in front of witnesses, or going to mandatory appointments.

### HOW DO YOU ACCESS THE INDEPENDENT RIGHTS ADVICE SERVICE?

#### How do you book a rights advice meeting?

If you would like to make a rights advice meeting you can speak to a member of your treatment team. They will complete a Request for Rights Advice form with you and submit it on your behalf. After the Independent Rights Advice Service Intake Coordinator receives the form, they will contact the contact person at your facility to set up a rights advice meeting. If a member of your treatment team does not complete the form with you, contact the Independent Rights Advice Service Intake Coordinator at (604) 681-4070 or visit [www.irasbc.ca](http://www.irasbc.ca) for help.

#### What do you need for your rights advice meeting?

Rights advice meetings will be primarily through videoconference. You will need a device that can connect to the Internet. A stable Internet connection. If you are in a hospital or facility the staff must provide you with a device to access your rights advice meeting and privacy for the meeting. You can also ask for an in-person meeting if you have an accessibility or cultural safety need that requires in-person services.

#### Who can attend the rights advice meeting?

Rights advice meetings are for people who are experiencing detention and involuntary treatment. You can also choose to have a member of your support network attend your rights advice meeting with you. You must give your consent if you would like this to happen. You can also have someone attend a meeting with you for accessibility and/or cultural safety needs. For example, you can ask for an interpreter or other communication support if you need it. When you book your meeting, you can share any accessibility and cultural safety needs you have.

For more information about the Independent Rights Advice Service such as who is eligible to speak with a Rights Advisor, to fill out the form to access a Rights Advisor and current service areas visit [www.irasbc.ca](http://www.irasbc.ca).

#### 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](mailto:cmha@cmhavernon.ca)

##### Peer Support

Phone: 250-542-3114  
ext 299  
or e-mail  
[peeroutreach.vernon@cmhavernon.ca](mailto:peeroutreach.vernon@cmhavernon.ca)

##### Trans Peer Support

[trans.peer@cmhavernon.ca](mailto: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 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.



## ATTENTION ARTISTS!

### Awakening the Spirit Art Show and Sale

**1<sup>st</sup> August to 27<sup>th</sup> August 2024!**

#### IMPORTANT DATES FOR ARTISTS

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



For more information call Zoe (ext. 227)



## **"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**

## **More Than Feeling Blue: UNDERSTANDING DEPRESSION**



This 4 week course allows participants a chance to learn more about depression, how it impacts them, and strategies to cope and support.

**APRIL 7-28  
TUESDAYS  
1:30 PM - 3 PM**

To register, contact Dani:  
workshops@cmhavernon.ca  
250-542-3114 ext 242



PATHWAYS TO WELLNESS INVITES YOU TO OUR

## **Co-Design Meeting**



**10:30AM - NOON  
MAY 8 2024**

Help PTW develop a new course about **budgeting**! Your input and expertise will help inform course development! Come check it out and see what co-production is all about!

## **Pathways to Wellness Updates**

Pathways to Wellness would like to invite new members to join the Advisory Committee this term: April to end of June. The first meeting of the term will be on Wednesday, April 22<sup>nd</sup> at 12pm. If you would like to attend, let Dani know!

To Register or for more information contact

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

**workshops@cmhavernon.ca**



PATHWAYS TO WELLNESS PRESENTS

## **Igniting Inner Joy**

SPEND 4 WEEKS LEARNING ABOUT AND ASSESSING YOUR OWN HAPPINESS. LEAVE THE CLASS WITH TOOLS TO INSTILL INNER JOY AND A VISION BOARD.

**APRIL 9TH - APRIL 30  
TUESDAYS  
2-3PM  
@ CMHA MAIN**



**Contact Dani  
to register!**



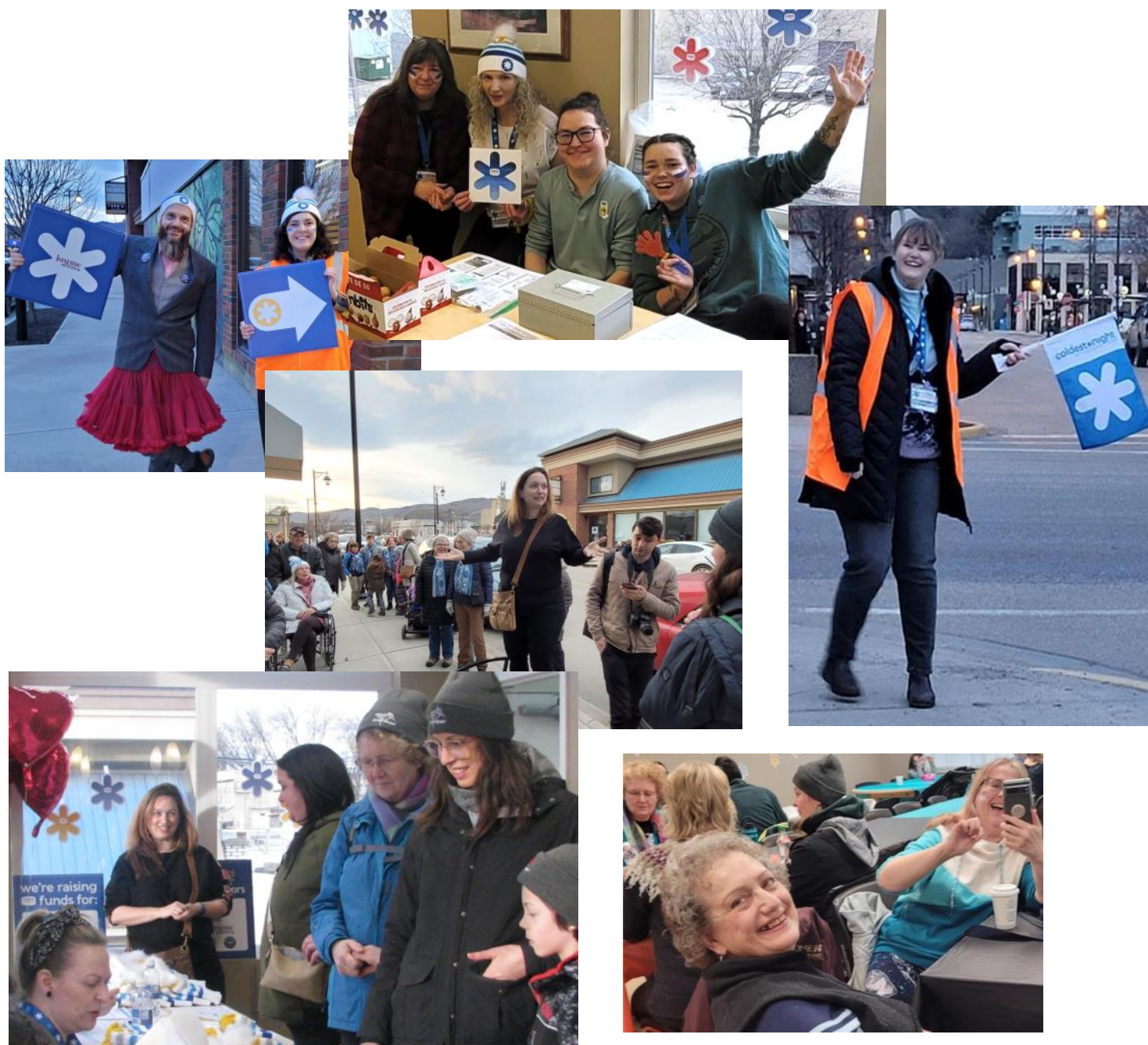
## Coldest Night of the Year

On February 24th, hundreds gathered at the CMHA main office to walk as individuals, as teams or volunteered to help with Coldest Night of the Year 2024. As of publication, our amazing fundraisers have raised \$35,000 for the North Okanagan Rent Bank, meaning dozens more people can pay the rent, bills, or afford damage deposits thanks to an interest-free loan.

Donors, fundraisers, and volunteers helped keep people safe and warm in their homes, and they warmed our hearts with a beautiful show of compassion, generosity, and community.

From all of us at CMHA Vernon, Thank you.

For more information on North Okanagan Rent Bank and apply for a loan visit our website at <https://cmhavernon.ca/housing-services/#housing-services-tabs>





## Peer Support Volunteer of the Month Marlene

I am from the Maritimes and have been in Vernon since 2012. My mental illness of decades is helped with medication, keeping in touch with others and volunteering. We are all in this together.

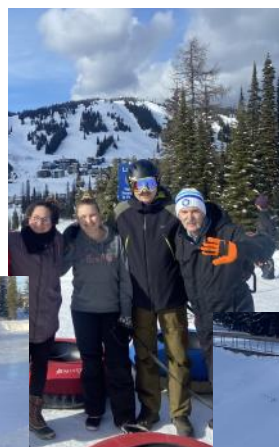
*Our Peer Support service provides the opportunity for anyone – individual, family member, or professional – to speak with someone with lived experiences of mental health or substance use concerns. By engaging with our Peer Supporters, you can make a connection with someone with lived experience, increase your sense of engagement and belonging, and move through your recovery journey to develop skills and build resiliency.*

***To contact Peer Support call 250-542-3114 or  
drop by the office 10am - 3pm Monday - Thursday, 10am - 1:30pm Fridays***

## Social Recreation Activities

The social program allows a safe space for those with mental health challenges to feel a sense of belonging. Activities include weekly community trips as well as an annual camping trip in the summer months. Our Recreation Program offers meaningful activities to resident and community participants alike. This program can help participants regain their emotional footing and help them make connections again; builds the bridge from isolation to physical activity, good nutrition, affordable entertainment, and most importantly, a

community of peers. Check out the calendar and sign up with Hannah at ext. 202!





## 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-2:00pm</b> Fresh lunch served at 12pm	<b>9:00am-2:00pm</b> Fresh lunch served at 12pm	<b>9:00am-2:00pm</b> Fresh lunch served at 12pm	<b>9:00am-2:00pm</b> Fresh lunch served at 12pm

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

## From Jen's Kitchen to Your Home Celebrate National Banana Day - April 17

### Fluffy Banana Pancakes

#### Ingredients:

- **2 Bananas:** The riper the banana, the sweeter the pancakes will be.
- **1/2 Teaspoon Cinnamon:** Cinnamon is optional.
- **1 Cup Flour:** All-purpose flour works great for this recipe.
- **1 Large Egg:** One egg is all you need to bind the ingredients together and make these pancakes nice and fluffy.
- **1 Tablespoon Baking powder:** This is what gives the pancakes their lift and helps them to puff up.
- **1/4 Teaspoon Salt:** A little bit of salt helps to balance out the sweetness and bring out the flavors.
- **3/4 Cup Milk:** Typically people use cow's milk, but any kind of milk will work. You can even use water if you're looking for a dairy-free option.

#### Directions:

1. In a large bowl, mash your bananas.
2. Beat the banana and egg together until blended.
3. Whisk in the milk until combined.
4. Then whisk in the dry ingredients. The batter will be slightly lumpy.

#### Cook Pancakes:

1. Heat a large nonstick pan. Pour 3-4 circles of batter into the pan.
2. Cook until the pancakes are puffed on top and golden brown on the bottom.



## CMHA and Local ACTIVITIES

### Fire and Hot Dog Roast

**15th April at 10am**

**\$3**

Come on out and enjoy the much needed  
sunshine and that fresh spring air.

#### You Must Sign Up

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



### CMHA Talent Show

**23rd May**

Practice dates:  
Tuesdays April 9, 16, 23, and 30  
at 1:30pm

Bring your talent and your enthusiasm!



### Crazy Creek Hot Pools

**24th April at 9am**

**\$12**

**Lunch Included**

Whether you're looking to relax after a day in the  
mountains or simply want to soak in the natural  
surroundings, our pools  
are the perfect choice.

#### You Must Sign Up

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



**April 13 - 14**  
**Sat 10am - 5pm, Sun 10am - 4pm**

Over 70 Exhibitors;  
Learn. Shop & Pamper Yourself!

**FREE ADMISSION**

Contact: email [www.vernonwellnessfair.com](http://www.vernonwellnessfair.com) or  
Phone: Chris Madsen at 250-558-1960

### Shoparama Spring Market

**April 6th 10:00 - 6:00 and**

**April 7th 10:00 - 5:00**

Come on down and support a budding bunch of  
Entrepreneurs, Crafters, and Home Based Business.  
Baking too! Lots of new and unique product all under 1  
roof. There will be entertainment, door prizes and a  
yummy concession.

**Admission is free**, however you are encouraged to bring  
cash donation for the Food Bank Kettle.

Now in 2 great rooms  
**at the Vernon Recreation Center 3310 37ave.**

### Family Feud

**18th April at 1pm**

Come on down and play  
Family Feud at our Club  
Social



## CREATIVE CORNER

### Moving Day

By; Violet Mobley

Boxes everywhere stacked high,  
 “The moving van’s here,” my husband made  
 an excited cry.  
 In our new house we will be,  
 This old one we no longer will see,  
 Our neighbors we say goodbye to,  
 Getting to know the new ones will be fun to do,

Our new yard will be spacious and big,  
 Mom will take a shovel and start to dig,  
 She’ll get rid of all the weeds,  
 Then in will go the flower seeds,  
 After watching the moving crew,  
 Unpacking is what my brother and I will help do,  
 Our neighbors will soon have us over for fun,  
 Then when that day is done,  
 We’ll all have a smile on our face,  
 And be settled in our new place.



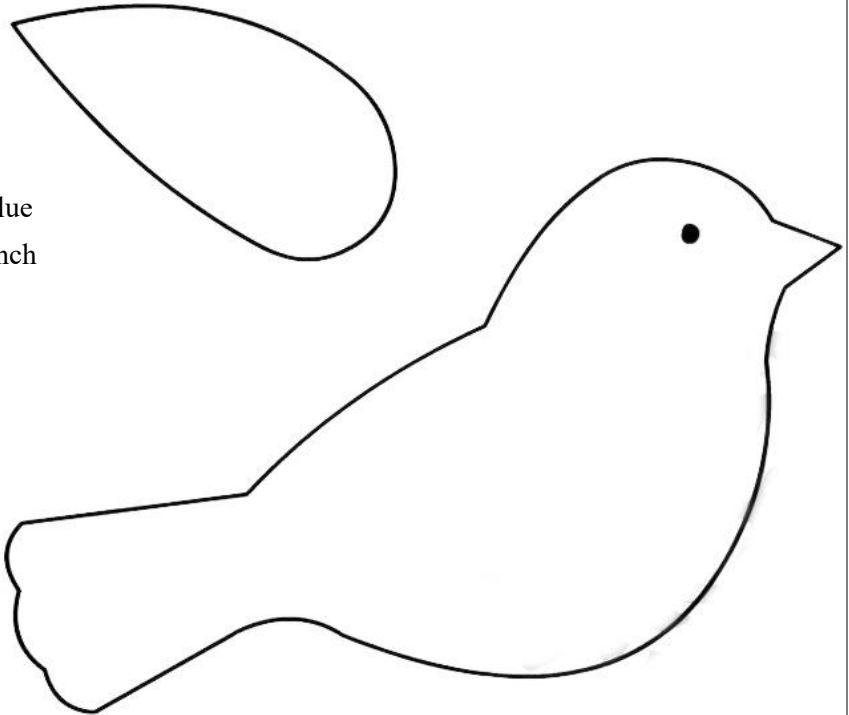
### Bird Paper Garland

#### Supplies

- Bird Template (see to the right)
- Scrapbook Paper
- Twine or string
- White Glue or Hot Glue
- Small Paper Hole Punch
- Pencil
- Scissors

#### Instructions

1. Cut out the bird and wing template.
2. Trace the bird and wing template on heavier weight patterned paper for as many as you need to cover the mantel. Keep in mind each bird needs two wings.
3. Cut out the birds and wings and match two wings to each bird as you like.
4. Place a dot of glue on one of the wings at the rounded bottom and set another on top at an angle.
5. Glue the wing pair to the front of the bird mid-way near the top.
6. Use a small paper punch to make a hole just behind the wing and another hole just in front of the wing.
7. Cut a piece of twine or string that's longer than the area...



(7 continued)... you want to hang the garland.

8. Thread the birds on the twine or string by going down through the hole near the tail and back up through the hole in front of the wings.
9. Continue until you have all the birds on the twine or string.
10. Hang your pretty bird garland anywhere that brings you joy.

**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!**

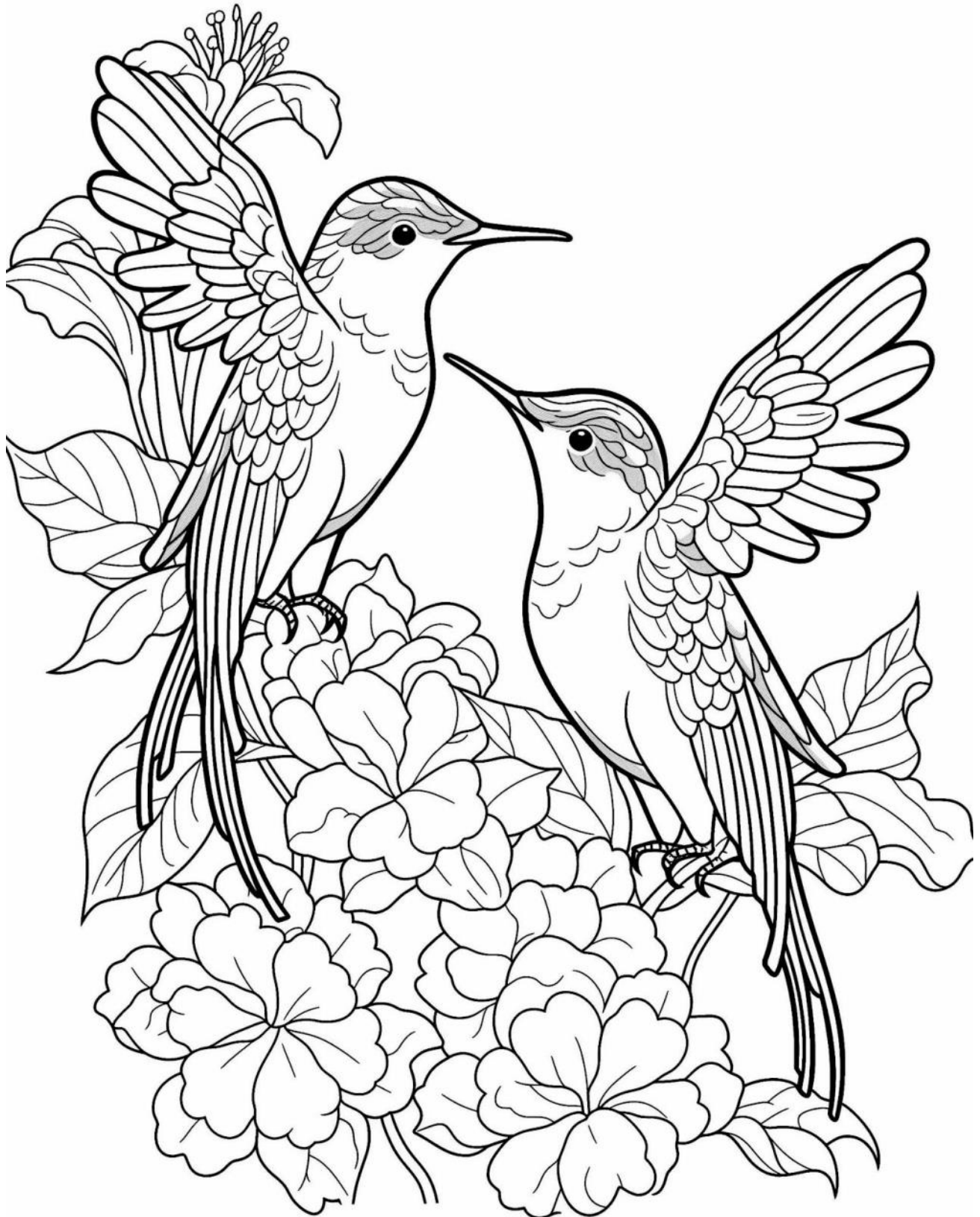
**Do You Enjoy Creative Writing?  
 Creative Writing Benefits The Brain!**

**Try this creative writing prompt by Violet .**  
 During my walk I took on a sunny spring day, I suddenly...



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

MEDIUM

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

## April Fool's Day

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

KIDDING	JOKE
UNUSUAL	SUPERSTITIOUS
BAMBOOZLE	BEFUDDLE
LEVITY	ENTHUSIASM
ZANY	TEASE
WIT	IMAGINATION
SILLINESS	ANTICS
JOKESTER	RIDDLE
FUNNY	TRICK
JESTER	APRIL FOOLS DAY
RIDICULOUS	UNEXPECTED
CHUCKLE	CRAFTY
SMILE	LOONY
WACKY	COMICAL
PLAYFUL	FOOL
MONKEY	BUFFOON
BUSINESS	FOOLISHNESS
HOAXES	GOOFY
CLOWN	
AMUSING	
BEWILDER	
DUPE	
LAUGHTER	
CREATIVE	
QUIRKY	
NONSENSE	
PRANK	



## **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
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)**





# April 2024

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> EASTER CMHA CLOSED	<i>2</i> 10am Walk	<i>3</i> 10:30am Swim and Soak	<i>4</i> 1pm Club Social	<i>5</i> 10:30 Chair Yoga	<i>6</i>
<i>7</i>	<i>8</i> 10am Snowshoe (weather dependent)	<i>9</i> 10am Walk 1:30pm Talent Show Practice	<i>10</i> 10:30am Swim and Soak 5:00pm Dinner and a Movie \$2.50	<i>11</i> 1pm Club Social	<i>12</i> 10:30 Chair Yoga	<i>13</i>
<i>14</i>	<i>15</i> 10am Fire and Hot Dog Roast \$3	<i>16</i> 10am Walk 1:30pm Talent Show Practice	<i>17</i> 10:30am Swim and Soak	<i>18</i> 1pm Club Social Family Feud	<i>19</i> 10:30 Chair Yoga	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i> 10am Walk 1:30pm Talent Show Practice	<i>24</i> 9am Crazy Creek Hot Pools \$12 Lunch included	<i>25</i> 1pm Club Social	<i>26</i> 10:30 Chair Yoga	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i> 10am Walk 1:30pm Talent Show Practice		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