

THE GRAPEVINE

OCTOBER 2024

World Mental Health Day

October 10th

It is Time to Prioritize Mental Health in the Workplace

In 1992 The World Federation for Mental Health (WFMH) founded an annual World Mental Health Day on 10 October to expand education and advocacy about mental health. WFMH was established in 1948, is the oldest mental health advocacy organization in special consultative status with the United Nations since 1963 and has been admitted into official relations with the World Health Organization (WHO). From its inception, WFMH stressed the importance of mental health and world citizenship as a priority for all governments. WFMH's role is in influencing how this can be achieved through collaboration with a range of different agencies such as the United Nations, UNESCO (United Nations Educational Scientific and Cultural Organization), WHO (World Health Organization), food and agricultural organizations, ILO (International Labour Office) and other organizations and institutions with an interest in promoting mental health and world citizenship.



The 2024 World Mental Health Day theme 'It is Time to Prioritize Mental Health in the Workplace' provides us with an opportunity to re-ignite our efforts to promote global citizenship and mental health awareness by making our workplaces a healthier place, especially as 60% of the global population is in employment and employees spend 60% of their time in the workplace.

The recognition that work is important to well-being is not new. Over five thousand years ago people in the Egyptian civilization organized their lives around work and families and believed that this led to a healthy life. Modern research supports this, and helping people with employment should be considered a standard mental health wellbeing intervention especially as only 10-15% of people with serious mental health problems are in employment. We need to place more emphasis on the link between mental health well-being and employment and re-emphasize the importance of employment support as part of the treatment offered to people with mental illness. Imagine the benefits of increasing rates of employment amongst those with a serious mental health problem from 10% to 50% – this will result in benefits to society by making people less reliant on state benefits and decrease mental health stigma by increasing social inclusion of people with a mental health difficulty.

In general, even though employment is positive, some working patterns can be detrimental for health when they lead to increased stressors including long work hours, night shifts and weekend work when there are not enough rest periods or being around harmful substances. Such stressors are associated with burn-out and other stress-related mental health problems, absenteeism and presenteeism, and reductions in productivity with a personal and societal cost.

Despite knowing that employment when work conditions are favourable is good, many people who have experienced mental health difficulties choose not to disclose these issues to employers because of fear of stigma and discrimination. We need employment laws that adequately protect and support people who disclose and have mental health difficulties. Mental health should be a globally protected characteristic enabling the development of healthier more supportive workplaces. We all have the right to a safe and healthy environment at work. Employment is good and supports mental well-being. Being productive and not isolated also decreases risk factors for suicide. The global community needs to act urgently to ensure that the workplace is a healthy place where peoples' mental health and well-being can flourish and for employers, productivity can be enhanced. This will mean addressing inequality and parity issues and employment including gender, race, and health-related disability while also recognizing that home is increasingly a workplace, especially since the recent Covid 19 pandemic.

Investing in mental health is not just compassionate—it is a strategic business decision that benefits everyone. We invite you to join this year's World Mental Health Day campaign.

For more information visit www.wmhdofficial.com

CMHA Vernon and District recognize, honour, and respect the unceded territory of the Syilx Nation and the people of N'kmaplqs (Head of the Lake) whose traditional and ancestral territory CMHA Vernon and District offices are situated. We respect their connection to the tmx^wula?x^w (land) and honour their history and culture through continuing education.

The Grapevine is an independent newsletter published monthly by CMHA Vernon and District Branch through collaboration of CMHA volunteers, CMHA participants and CMHA staff. (Available in hardcopy, through the CMHA Vernon website or via email)

The Grapevine encourages those living with mental health to submit articles, letters to the editors, cartoons, jokes, poetry or anything you think will be of interest to peers and professionals alike. No recompense is provided for any submissions and they shall be considered as the author's own work unless otherwise indicated.

The Editors 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 its affiliated organizations.

CMHA CLOSED



MONDAY OCTOBER 14

To Contact Us

Main Office
3100 - 28th Avenue, Vernon BC
V1T 1W3
Phone: 250-542-3114
Fax: 250-549-8446
www.cmhavernon.ca
cmha@cmhavernon.ca

Peer Support
250-542-3114 ext. 299
peeroutreach.vernon@cmhavernon.ca

Trans Peer Support
trans.peer@cmhavernon.ca

Thanksgiving at CMHA

October 10th

Come join CMHA to share all that you are thankful for on Thursday October 10th, for Thanksgiving Dinner. Thanksgiving Dinner will be the regular lunch price of \$2.50, but will be a full plate of your favourite turkey dinner!



Peer Support Volunteer of the Month

Marla

Hi! My Name is Marla. I have been volunteering in Peer Support for the past five years. I really enjoy volunteering in Peer Support. I meet new people while volunteering. On my free time I love to do word searches, and watch old movies. I also love watching hockey.

*To contact Peer Support call 250-542-3114 ext. 299 or
drop by the office 10am - 3pm Monday - Thursday, 10am - 1:30pm Fridays*

Bread Program

Did you know that we still have free bread available? It is now in an easier and accessible location! The kitchen! Find buns, loaves, sweet treats and many more donated by The Hot Bread Shoppe in the deep freezer found in the kitchen.



Lockers at CMHA

Lockers are available to use both in the front foyer and in the warehouse. It is up to the participant to provide their own lock for their designated locker. If you want to be assigned a locker you must speak to Zoe first. If you do not reach out to Zoe about being assigned a locker the lock may be cut off by staff.

There are also lockers for day use only. The participant must bring their own lock and remove both the lock and the items in the locker by the end of the business day. If a participant fails to do so, the lock may be cut off by staff.

Canadian Mental Health Vernon and District and the staff are not responsible for any items left in the lockers.

Pathways to Wellness

Pathways to Wellness is CMHA Vernon’s education program. The goal is to eliminate stigma by providing education on mental well-being and mental illness.

It is a supportive learning environment where you are welcome. You may have a mental illness or a mental health problem, or you may be on a personal journey of wellness or be supporting someone who is. All that is required is an openness to learning.

Growth Mindset

Tuesday October 8
10am - 11:30am

When Anxiety & Panic Attack

Thursdays: October 17, 24, 31, November 7, 14 & 21
10am - 11:30am

Mental Health Toolkit

Mondays: October 21, 28, November 4 & 18
10am - 12pm

Building Better Boundaries

Tuesdays: November 5, 12, 19, 26, December 3 & 10
10am - 11:30am



BYOC! Bring Your Own Container

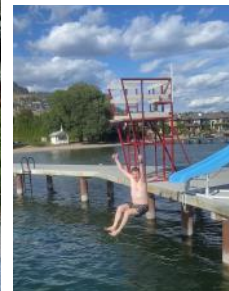
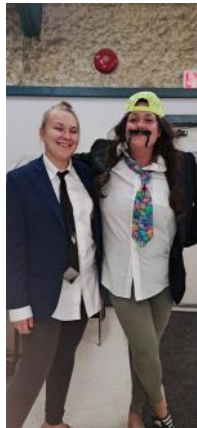
We've all heard about Reduce, Reuse, Recycle. Did you know that the take-out containers are washable, dishwasher safe, reusable as well as microwaveable safe? CMHA asks you to bring one of your many take-out containers back for any leftovers you may have or if you want a take-out. Or if you've got your own containers at home, bring those instead!

Social Recreation Activities

The social program allows a safe space for those with mental health challenges to feel a sense of belonging. Our Recreation Program offers meaningful activities participants. This program can help participants regain their emotional footing and help them make connections again; builds the bridge from isolation, to physical activity, affordable entertainment, and most importantly, a community of peers.

Green Bay Camp

Another successful trip of our annual Green Bay Camp! From games like Family Feud and Bingo, to adventure like Climbing Walls and Archery, and relaxing in the water or by the campfire: everyone had a blast. We all can't wait for next year's fun!



A Toast to Better Days!

Starting Monday 7th October, CMHA will be providing free toast again!
Monday mornings come in for breakfast with your peers from 9am to 11:30am.



🍴 **Kitchen Hours of Operation** 🍽️

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

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-11:30am Coffee & Toast	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

Fresh lunches and take-outs available Tuesday through Friday.

This Month's Recipe National Chicken Cacciatore Day October 15th

Ingredients

- | | |
|--|---|
| 6 chicken thighs, bone in & skin on
salt and black pepper
oil
1 small yellow onion, chopped
2 celery ribs, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
8 ounces white mushrooms, cleaned and sliced | 3 garlic cloves, minced
1 tsp dried oregano
1 1/2 tsp dried thyme
2 tsp dried parsley
Pinch red pepper flakes
1 cup chicken broth
28 ounce can crushed tomatoes |
|--|---|



Directions

1. Pat the chicken dry and season with salt and pepper on both sides.
2. In a large pot (with a lid), heat 2 tbsp oil over medium-high until shimmering but not smoking. Add the chicken, skin side down first. Cook until golden brown, then turn over to brown on the other side (about 8 minutes total). Remove the chicken and set aside on a plate.
3. In the same pot, add the onions, celery, peppers, mushrooms. Cook over medium heat, tossing regularly for 6 to 7 minutes or until tender.
4. Add salt, pepper, oregano, thyme, parsley, red pepper flakes and garlic, mixing until fragrant (30 seconds - 1 minute).
5. Add the chicken stock and cook for a few minutes until the stock has reduced by about 1/2, then add the tomatoes. Cook 5 to 10 minutes over medium heat, stirring occasionally.
6. Now add the chicken pieces back to the pan. Reduce the heat to medium-low to a simmer. Cover and allow the chicken to cook for 30 minutes or until cooked through, flipping the chicken about every 10 minutes to stop it from sticking

You can serve it on top of plain pasta, polenta, or even rice! Even with just a good side of crusty bread to sop up the sauce. Can't go wrong with that!

Crockpot option: If you want to make this in your slow cooker or crockpot, add all of the ingredients to the slow cooker and set the crockpot on LOW for 8 hours or on HIGH for 4 hours.

CMHA and Local ACTIVITIES



Soak and Swim

Wednesdays
9th, 16th, 23rd
10:30am

YOU MUST SIGN UP!
To Sign Up Please Contact Front Reception:
(250) 542-3114

Spa days are a necessity not a luxury.



Chair Yoga

Fridays
4th, 11th, 18th, 25th
New Time!
1pm

The body benefits from the movement, and the mind benefits from the stillness.



St. Anne's Pumpkin Patch

Thursday 17th October
10am

Can you find your Great Pumpkin?
Come on out and give it a try, we look forward to seeing you.

YOU MUST SIGN UP!
To Sign Up Please Contact Front Reception:
(250) 542-3114

Carve Your Pumpkins!



Have a Gourd Time!

Monday 21st October
1pm

Creative Writing

Tuesdays
1st, 8th, 15th, 22nd
1pm



Do you have aspirations to be the next voice of your generation? If so, you may want to find out more about creative writing and start digging for inspiration.

Vernon Farmers' Market

Last month of the season!

Mondays 8am - 1pm
Thursdays 8am - 1pm

Kal Tire Place
3445 43rd Ave



Zaniac Comedy Show

Vernon and District
Performing Arts Centre

Saturday October 19, 2024 at 2:00pm

Call 250-549-7469 or visit Vernon and District Performing Arts Centre for tickets

\$12 all ages



He's baaaaack....! With the energy of ten thousand suns, The Zaniac shines like a comedy beacon as he bounces from one end of the stage to the other like an untamed rubber band. Jaws will drop and eyes will pop as Alex juggles bowling balls, and giant knives and slices vegetables in half with a flying playing card.

In Queer Hands

In Queer Hands is a multi-media art exhibition taking place at the Vernon Community Arts Centre from October 11th - November 5th

This exhibition is in observation of Queer History Month which is the month of October! This exhibition is meant to amplify queer voices and stories through artistic expression! All art has been made by a 2SLGBTQIA+ identifying individual.

An opening reception will be held on October 11th from 6:00-8:00 pm at the Vernon Community Arts Centre!



Mood Disorder Group

Drop-in on Fridays 1:30 - 3:00

Located in the Peer Support Office

The Mood Disorder Association BC peer-led support group is a safe place to share your story, your struggles and accomplishments, and to listen to others as they share similar concerns. You can get a sense of belonging, informal education about your mental health challenges, and the support of others who have 'been there'. The support group is facilitated by trained volunteers with lived experience of mental health concerns. Please note: support groups are not intended to provide counselling or therapy and are not affiliated with CMHA Vernon.



CREATIVE CORNER

Have a Happy Halloween

By Violet Mobley

Each of us wanted to know who would win,
 The pumpkin contest with a carved evil grin,
 Cutting out the mouth, nose and eyes,
 My pumpkin's whole face will be a surprise,
 I'll open my pumpkin real wide,
 Then stick a candle to light inside
 It will burn really bright,
 And cause a very eerie sight,
 With flickering, wicked, nasty grin immense,
 The next thing to do is place my pumpkin on the fence,
 Then all those that pass by,
 Will begin to cry,
 This is the scariest night we've ever seen,
 Have a Happy Halloween!



By David Russell.

So I'm at the library and say,
 "What's the difference between ignorance and apathy: I don't know, I don't care"
 Diane is very smart, most all the ladies at the library are a very intelligent bunch.
 Anyways later she says to me,
 "I've got ne for you:
 I used to think I was indecisive, now I don't know"

**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!**

Random Thoughts to Ponder

Submitted by Janice

1. The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.
2. Someone said, "Nothing rhymes with orange." I said, "No, it doesn't."
3. I have many hidden talents. I just wish I could remember where I hid them.
4. My idea of a Super Bowl is a toilet that cleans itself.
5. It's weird being the same age as old people.

Green Bay Camp

Reporter David Russell

I only went for a day pass but everything I saw and heard indicated that to these people I knew were forming a community semi-automatically. Hannah and Serenity facilitated seamlessly. Zoe fit right in with these, my people. I don't know how they do it; I am a man but women don't have a hierarchical command structure: it is more like a 'guided tour' type organization, not "teaching" but facilitating.

The best part was Rock Wall Climbing. I could really feel the community "live". Every one cooperated, applauded and cheered on our champion Spiderwoman (3 of them at least).

**Do You Enjoy Creative Writing?
 Creative Writing Benefits The Brain!
 Try this creative writing prompt by Violet.**

I ran from the monsters faster and faster, my heart
 pounding louder until...

ADULT COLOURING PAGE

colouring relaxes the mind



Monday October 14

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

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

MEDIUM

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



Halloween Word Search

- BOO
- CANDY
- COBWEB
- COSTUME
- GHOST
- GRAVEYARD
- HAUNTED
- MONSTER
- MOON
- NIGHT
- OCTOBER
- PARTY
- PUMPKIN
- SKELETON
- SPIDER
- SPOOKY
- TREAT
- TRICK
- VAMPIRE
- WITCH

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

MEDICAL SUPPORTS

CareConnect I.D.A Pharmacy

Walk-in services

provided by Dr. Morgan Campbell
 CareConnect I.D.A Pharmacy
 120-5301 25th Ave
 9 am to 1 pm, Monday to Thursday

Vernon Urgent and Primary Care Clinic

Urgent care and limited harm reduction supplies

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

Provides primary medical care
 9:30am to 8:30pm, 7 days a week, 365 days a year

Options For Sexual Health Clinic

1440 14th Ave
 (250) 241-3154

6:00pm to 9:00pm, Tuesdays and Thursdays

Vernon Downtown Mental Health and Substance Use

Overdose Prevention Site

3306A 32nd Ave
 (250) 503-3737

9:00am to 3:00pm, Monday to Friday
 Closed from 12:00pm to 1:00pm

NUTRITION PROGRAMS

Saturday Lunch Program

All Saints Anglican Church
 2601 43rd Street
 (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)

FREE hot meal, clothing for all ages, bread, and haircuts when volunteers available.

Vernon Alliance Church
 2601 43rd Ave
 (250) 545-7105

Mondays 2pm - 4pm and Thursdays 9am - 11am

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
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
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



October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED at 3100 28th Ave Vernon, BC (250) 542-3114 www.cmhavernon.ca</p>	<p>ALL PROGRAMS REQUIRE MANDATORY SIGN-UP</p>	<p>1 10:30am Walk 1pm Creative Writing</p>	<p>2</p>	<p>3 1pm Club Social</p>	<p>4 1pm Chair Yoga</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8 10:30am Walk 1pm Creative Writing</p>	<p>9 10:30am Soak and Swim (leave CMHA 10:10)</p>	<p>10 12pm Thanksgiving Dinner \$2.50 1pm Club Social</p> 	<p>11 1pm Chair Yoga</p>	<p>12</p>
<p>13</p>	<p>14  THANKSGIVING CMHA CLOSED</p>	<p>15 10:30am Walk 1pm Creative Writing</p>	<p>16 10:30am Soak and Swim (leave CMHA 10:10)</p>	<p>17 10am St Anne's Pumpkin Patch</p>	<p>18 1pm Chair Yoga</p>	<p>19</p>
<p>20</p>	<p>21 1pm Carving and Painting Pumpkins</p>	<p>22 9am Free Pancakes 10:30am Walk 1pm Creative Writing</p>	<p>23 10:30am Soak and Swim (leave CMHA 10:10)</p>	<p>24 1pm Shenanigans Market</p>	<p>25 1pm Chair Yoga</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29 10:30am Walk</p>	<p>30 CMHA CLOSED 5:30pm Halloween Party</p>	<p>31 </p>		<p>TO SIGN UP PLEASE CALL RECEPTION: 250-542-3114</p>