

Farewell Chris & Welcome Margaret!



It has been my great honor to have had the opportunity to work alongside so many wonderful people over the past year and 8 months at Connections Place. And what a year and 8 months it has been! We came together under the threat of a global pandemic, to build connections and create opportunities that would support us through challenging times to come. It wasn't always easy, but it sure was meaningful.

The work we've undertaken, as a community, has made our clubhouse the wonderful place that it is today. A place where we work and celebrate together, a place where we find belonging and build new relationships. For me, it's the relationships with the members and staff that I will always hold close to my heart as I move in a new direction in my career.

All I have left to say is 'thank you'! It has been such a privilege. Please join us in welcoming the new Executive Director of Connections Place, Margaret Forbes!

 Chris Forester

Autumn Festivities at the Clubhouse

This autumn we kept busy with a variety of fun seasonal activities at the Clubhouse. Our Kitchen Unit cooked a hearty Thanksgiving meal complete with gravy, cranberry sauce, and stuffing. We also received a large donation of apples which the Kitchen Unit turned into delicious apple crumble and nutritious breakfast smoothies.

For our Halloween festivities, we carved pumpkins and watched a spooky film — *Beetlejuice* — at our monthly movie night. We made a batch of yummy pumpkin soup and sang *The Monster Mash* and other Halloween songs at our music program!

From all of us at the Clubhouse, we wish you a cozy and safe autumn and hope to see you soon!



Just for Laughs

- ◇ How do you fix a broken pumpkin? *With a pumpkin patch.*
- ◇ Why do birds fly south in the fall? *Because it's too far to walk.*
- ◇ What did one autumn leaf say to another? *I'm falling for you.*

Entertainment

- ◇ **TV Series:** *Only Murders in the Building* (mystery/comedy), *Firefly Lane* (drama), *Pursuit of Love* (romance), *Sweet Tooth* (drama)
- ◇ **Movies:** *Jungle Cruise* (adventure/comedy), *Luca* (adventure/comedy), *Stowaway* (sci-fi/drama), *Peanut Butter Falcon* (adventure/comedy)
- ◇ **TED Talks:** *How To Eliminate Self Doubt Forever & The Power of Your Unconscious Mind* by Peter Sage, *Why Comfort Will Ruin Your Life* by Bill Eckstrom
- ◇ **Books:** *Seven Fallen Feathers* by Tanya Talaga (national bestseller about systemic racism, education, the failure of the policing and justice systems, and Indigenous rights), *All the Devils Are Here* by Louise Penny (mystery)

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Artists' Corner

Improvement

By William A. J. Bertrand

Sometimes it is good to boast
Mom, I got an A in History!
Dad, I hit two home runs!
Good going they say
That is excellent
Keep up the great work!

Both children have improved themselves

One was a C student
The other one was clumsy
It is good to see children improve
And to encourage them to work hard at it
And when one skill is mastered
Then learn another skill

Applied technology can be very fruitful
Creating can benefit many people
And raise up many people feeling not so worthy
Of their accomplishments
We improve one task at a time
Thanks be to our coaches and teachers
And some patience with determination

New Wellness Corner



Your wellness is a priority, and we recognize that sometimes it can be difficult to know where to start in your wellness journey. Our wellness corner helps spark ideas for how you can take care of yourself through self-care, setting boundaries, establishing goals, and just simply keeping busy! Our wellness corner has worksheets, coloring books, positive affirmations, and support resources. Take a peek next time you visit the Clubhouse!



Check out our private Facebook group for members:
Connections Place Private Members Group



Fog rolling in by Darcy Eggleston.



Roche Cove by Christine Thate.



Sunset on the farmer's field in Fort Saint John by Dan V.

Wellness & Employment Programming

Monday	Tuesday	Wednesday	Thursday	Friday
9:45am Muffin Monday 2:30pm Arts & Crafts	2:30pm TED Talk	2:30pm Employment Workshops	2:30pm Music Group	2:15pm Mindful Movement 2:45pm Coffee Group



Muffin Monday Program



Introducing our new program: Muffin Mondays! Join us at 9:45am (just after our Members Meeting) for conversation, free coffee, and muffins! This is a great way to start your day and week, not to mention you might get the chance to meet some new people!



My Journey with Bipolar

By Anonymous Member

I was 15 when I was diagnosed with bipolar. Dr. A said I was manic depressive. I had no idea what he was talking about. He explained to me "was there any illness in your family?" Mom said, "Yes." Dad had illness in his family.

Lithium is the 'gold standard'. I always wondered why I was hyper in class and in the community. Dr. J helped me at a young age. He introduced me to pills again. I refused the pink pills.

Years later in 2004, Dr. M told me to take my pills. Dr. M retired in 2020. He's greatly missed.

Bipolar means take your pills and listen to your case manager/doctor. I wish that there was a cure for this illness. Control is key. Bipolar is hard when you refuse the medication. Lithium is key to your wellness.

Socializing While Mentally Unwell

By Shauna Kehler

Yes, I am socializing but I am mentally unwell.

Having a mental illness, we often get judged that we have to be inside our residence, staying in bed, and not doing self-care in order to be mentally unwell. Well that isn't the case, personally. I am socializing, doing self-care, getting out of the house, but I am mentally unwell.

If your professional assumes that you are mentally well just because you are socializing, make it clear that you are mentally unwell so that you can get help. This helps educate society more about mental illness. Keep on socializing. :)



Beat the Winter Blues

It can be difficult to get through the 'grey' days of winter. We have created a list of tips that might help prevent feelings of depression.:

- ◇ **Take advantage of daylight hours.** Try setting an alarm in the morning or scheduling an errand during the daytime.
- ◇ **Take your vitamins.** During winter months we are more likely to be deficient in certain vitamins (such a vitamin D!) which can make us feel low.
- ◇ **Get a healthy amount of sleep.** It is important to get enough sleep, however, try not to sleep too much otherwise this can throw off your circadian rhythm.
- ◇ **Be active and eat healthy foods.** Being active will help you feel ready for bed at nighttime, and nutritious foods will keep you feeling good about yourself!
- ◇ **Stay social!** This will decrease feelings of depression and reduces isolation. Plan to come into the Clubhouse a couple times a week!

Group Employment with Paris Roka

We are excited to be partnering again with Paris Roka Candy to offer meaningful paid employment opportunities to our membership. Members have been busy cutting ribbons, weighing, and packaging candy this fall, and will continue to help Paris Roka Candy fulfill orders leading up to Christmas.

Thank you to Marian Paris of Paris Roka Candy for her continued support and innovation with the Clubhouse! Any members who are interested in learning more about our group employment with Paris Roka, please contact the Clubhouse.



Leisure Activities at Night

By Kevin Dobbs

I have a long history of feeling quite lonely at night due to my mental health challenges, my brain damage, and associated injuries. I have a very lonely life. Meaningful friendships have been few and far between for me.

Triggered by my loneliness and health challenges, I have a long history of panic attacks, generalized anxiety, and depression at night.

To address my past panic attacks, I utilize a writing exercise that focuses on writing my thoughts on paper in an unedited fashion, that focuses on writing thoughts and emotions on paper ASAP. This technique has enabled me to release my anxiety very effectively.

I use mindfulness meditation to stay present, assisting me to keep worrisome thoughts, depression, and the loneliness demons at bay. During my panic attack days, I used Progressive Muscle Relaxation.

Finally, I read novels and watch concerts and movies as pleasurable escapist activities to pass the nights away.



to Our Donors

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- ◇ Michelle Cupit
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