



## Canadian Mental Health Association Alberta Southeast Region

#204-1865 Dunmore Rd. SE, Medicine Hat, AB T1A 1Z8  
[www.ser.cmha.ab.ca](http://www.ser.cmha.ab.ca) Email: [aser@cmha.ab.ca](mailto:aser@cmha.ab.ca)  
Telephone: 403-504-1811 Fax: 403-504-2542

January, February, March 2010

### *President's Corner* – Eleanor Grona

Canadian Mental Health Association has bragging rights for volunteers. Where else would you find four volunteers who have collectively contributed 105 years to an organization?

At the annual Christmas Party **Service Awards** were celebrated for volunteers and staff with CMHA and the POST. The four heroes for the evening were **Melita Krause**, a thirty year volunteer, and **Betty Jarvis, Bess Weigel** and **Muriel Rogers**, all twenty five year recipients. These charming ladies are examples of community spirit and selfless giving, as POST volunteers.

All volunteers are important regardless their length of service. Celebrating ten years were **Barbara Burton, Miriam Grunwald** and **Winnie Sloomweg**, along with staff members from the POST, **Iris Schweeder** and **Brent Lewandoski**.

Five year recipients were volunteers **Dale Franko. Dr. Miranda Richardson, Zoe Best, Pat Danderfer, Loretta Evans, John Hanlon, Ruth Patrick** and **Vi Tarnasky. Mark De Boer** has been a staff at the POST for five years as well.

Each year we welcome new volunteers to the team so those who received one year accolades were **Alice McNeil** for Community Volunteer Income Tax, and POST volunteers **Julie Armstrong, Loreen Burniston, Judi Ecnswiller, Jean Harrison, Joyce McCrea, and May Remus**. Staff member **Terry Seitz** has been with the POST for one year and **Shirley Jago** at the office.

As winter ends, Canadian Mental Health Association is preparing for the board planning retreat to help set priorities for the next couple of years. The economic times are affecting not for profits such as us. It is increasingly more difficult to acquire cash donations, sponsors and grants. Since CMHA delivers most of its mental health programs and services at no charge, we are very reliant on donors and sponsors to help make ends meet.

Thank you to everyone who supports Canadian Mental Health Association and the POST through your generous gifts of gently used clothing, household goods and furniture sold in the POST, or to sponsor CMHA projects.

CMHA "In Thoughtful Memory" campaign, distributed to previous donors, has a letter of appreciation and a new envelop for future donations to CMHA, in lieu of flowers when someone they care about has passed away. Each dollar stays in this community to provide free mental health programs and services.

### **Executive Director** – Lois Bourassa

Many of us complain about the bitter cold weather but live and work in warm buildings. This is not true for everyone. We are grateful to **PACE Rotary Club**, who developed a community sponsorship program, to raise awareness and cash to cloth the homeless. Through their campaign, Canadian Mental Health Association in turn, is able to ensure that the homeless from **Winter's Inn Shelter** and other individuals or families in need are provided with suitable winter clothing, footwear and/or bedding.

CMHA is working with Dana Couillard of Ripple Dynamics on a new project in the workplace, "**Building A Resilient Organization**". Through a grant from Alberta Employment and Immigration and Alberta Centre for Injury Control and Research (ACICR), a study is underway with local not for profits and businesses of various sizes, to gather information related to psychologically safe workplaces.

Once the study has been completed, we will report back to the participants and funders. To assist local organizations and businesses to build on their safe workplace practices, a series of seminars will be provided on various topics to address specifics of a resilient organization. Again, through the generosity of the Community Foundation of Medicine Hat and Redcliff FCSS, the seminars will be affordable.

The **Alberta Job Corp** continues to provide hands on training for people entering trades such as construction and painting. Therefore, the outdoor donation bins, inside painting and kitchen cupboard remodel at The POST are happening thanks to their wonderful crew of workers.

## The POST – Iris Schweeder

The John Deer Dealership in town has donated 2 fixtures which have been set up in the Clothing department to display handbags. These fixtures, besides being aesthetically pleasing, are also versatile as they can be used with shelves or hooks as our merchandise dictates. The lower height also opened up the area making it less crowded by the sales counter. What a wonderful addition!

We have received several unusual and unique donations recently. A Yamaha flute with case, a set of three Katana AKA Samurai swords with stand, and two Harley Davidson saddle bags to mention a few.

Grants from **Petro Canada**, **Telus** and **RBC** have allowed us to purchase new cupboards for our kitchen area. The carpenters from **Alberta Job Corps** have installed them with expertise and they are bright, white and fresh! Renovations to a rest area and lunch room for workers have eased the tension and stress of the job. This will certainly make break time much more pleasant for everyone at The POST.

The painting of The POST store wall is also complete and WOW! What difference! Our merchandise “pops” with the backdrop of the bright green colours. Customers and staff find the change very uplifting. Thanks to Alberta Job Corps painters who worked several weeks to accomplish this task without our having to close for even one day.

We appreciate the ongoing donation of clothing hangers from **Liquidation World**. Because of breakage during use we are always in need of more hangers and their donation saves us by not having to purchase these much needed items.

## The POST Volunteers

We continue to grow with an ever increasing number of volunteers helping to make The POST Store successful. In 2007 – 2008 we had 12 new volunteers join us and in 2009 – 2010 an astounding 33 new people came to give of their time! We cannot emphasize enough the importance of all who volunteer here and for the work they accomplish daily.

**Thank you!**



## The POST - Before



## The POST - After



## *Upcoming Events*

**I Am Not Sick: I Don't Need Help! Workshop** – *Have you wanted to learn how to become a loving caregiver rather than a frustrated caretaker? The principles in this workshop can be used to help persons with mental illness accept and stay in treatment and can work for many illnesses, not just mental illness.*

Canadian Mental Health Association in partnership with Alberta Health Services is hosting this one day workshop on Saturday, March 20<sup>th</sup>, 2010 from 9:00 a.m. to 4:00 p.m. at Medicine Hat Regional Hospital - Level 7 Meeting Room (Take the elevators behind Tim Horton's to the 7th Floor). **Cost: \$10.** For registration call 403-504-1811.

### **ASIST**

**Medicine Hat**- February 25<sup>th</sup> & 26<sup>th</sup>, 2010 and May 13<sup>th</sup> & 14<sup>th</sup>, 2010 from 8:30 a.m. to 4:30 p.m. at Craft and Photo Room, Cultural Centre. Cost: \$160 + GST. For Registration call 403-529-3844.

**BROOKS** - April 15<sup>th</sup> & 16<sup>th</sup>, 2010 from 8:30 a.m. to 4:30 p.m. at Brooks College Campus. Cost: \$160 + GST. For Registration call 403-362-1677.

### **½ Day Tune-up**

**Medicine Hat** – March 17<sup>th</sup>, from 8:30 a.m. to 12:00 p.m. at Canadian Mental Health Association. Cost: \$85 + GST. For Registration call Heather at 403-504-1811.

**May 19<sup>th</sup>, 2010** from 8:30 a.m. to 12:00 p.m. at Craft and Photo Room, Cultural Centre. Cost: \$85 + GST. For Registration call 403-529-3844.

**BROOKS** –March 25<sup>th</sup>, 2010 from 8:30 a.m. to 12:00 p.m. at Brooks College Campus. Cost: \$85 + GST. For Registration call 403-362-1677.

**Youth Suicide** - April 15<sup>th</sup>, 2010 from 8:30 a.m. to 4:30 p.m. at Craft and Photo Room, Cultural Centre. Cost: \$110 + GST. For Registration call 403-529-3844.

**Mental Health First Aid** - *Mental Health First Aid Canada is a 2 day course that teaches first aid skills to help someone who is developing mental health problems or is experiencing a mental health crisis.*

**Medicine Hat** – May 20<sup>th</sup> & 21<sup>st</sup>, 2010 from 8:30 a.m. to 4:30 p.m. at the Courtyard room, Medicine Hat College. Cost: \$150 + GST. For Registration call 403-529-3844.

**Hope and Healing After Suicide Support Group** - This group will run again March 2<sup>nd</sup>, 2010. Registration is required. For information or to register please contact Heather or Debbie at 403-504-1811.

**Family & Friends Support Group** – For those who care about someone living with a mental illness. This group is full for the Spring session and will run again in Fall 2010. For information or to register please contact Debbie or Erin at 403-504-1811.

**ROAD to WOW** - This group is for participants who are new to diagnosis, treatment or relapse and will run on Thursday afternoons from 1:30 – 3:15 pm at the CMHA office - #204-1865 Dunmore Rd. SE. After the twelve-week program, they will be welcome to stay with this group or move on to WOW. For more information please contact Cori at 403-504-1811.

**Whispers of Wellness Mental Health Club** - This group runs every Wednesday from 7:00 – 9:00 p.m. There is no registration required. For more information please contact CMHA at 403-504-1811.



## Acknowledges the following Donors and Sponsors – Thank you!

### **Building a Resilient Organization – The Bottom Line**

Alberta Employment & Immigration South Region  
Community Foundation of Medicine Hat and South East Alberta

### **The POST**

RBC Volunteer Grant – Laura Sautner  
Team Telus Cares  
Petro Canada Retired Employee Grant

### **Suicide Prevention**

Miywasin Society – Community Helper's Program  
Suzanne Milmine

### **I Am Not Sick: I Don't Need Help Workshop**

Knights of Columbus – Dean Fitzpatrick Council

### **PACE Rotary – Community Partnership**

#### **Cloth the Homeless Campaign**

Classic Construction  
P.H. McNally Associates Ltd.  
Funky Monkey Baby Boutique  
Christopher Perret  
Gaylord Wardell Professional Corporation  
Michael Todd  
Meyers Norris Penny  
Trish Thompson  
Gregoire Poirier Richer

#### **Other Donations**

Spectra Payroll Donations  
EnCana Cares Foundation  
Suzanne Cailliau  
Robert Herring  
Ann Koch – in Honour

#### **In Thoughtful Memory**

Mrs. Clare Crews – in memory  
Eleanor Grona – in memory  
Lois Bourassa – in memory

### **Canadian Mental Health Association Lending Library**

Featured items in the CMHA resource lending library are:

**Book: I AM NOT SICK: I DON'T NEED HELP!**

By Dr. Xavier Amador

**Book: *Voices of Courage: Inspiration from Survivors of Sexual Assault***

Edited by Michael Domitrz