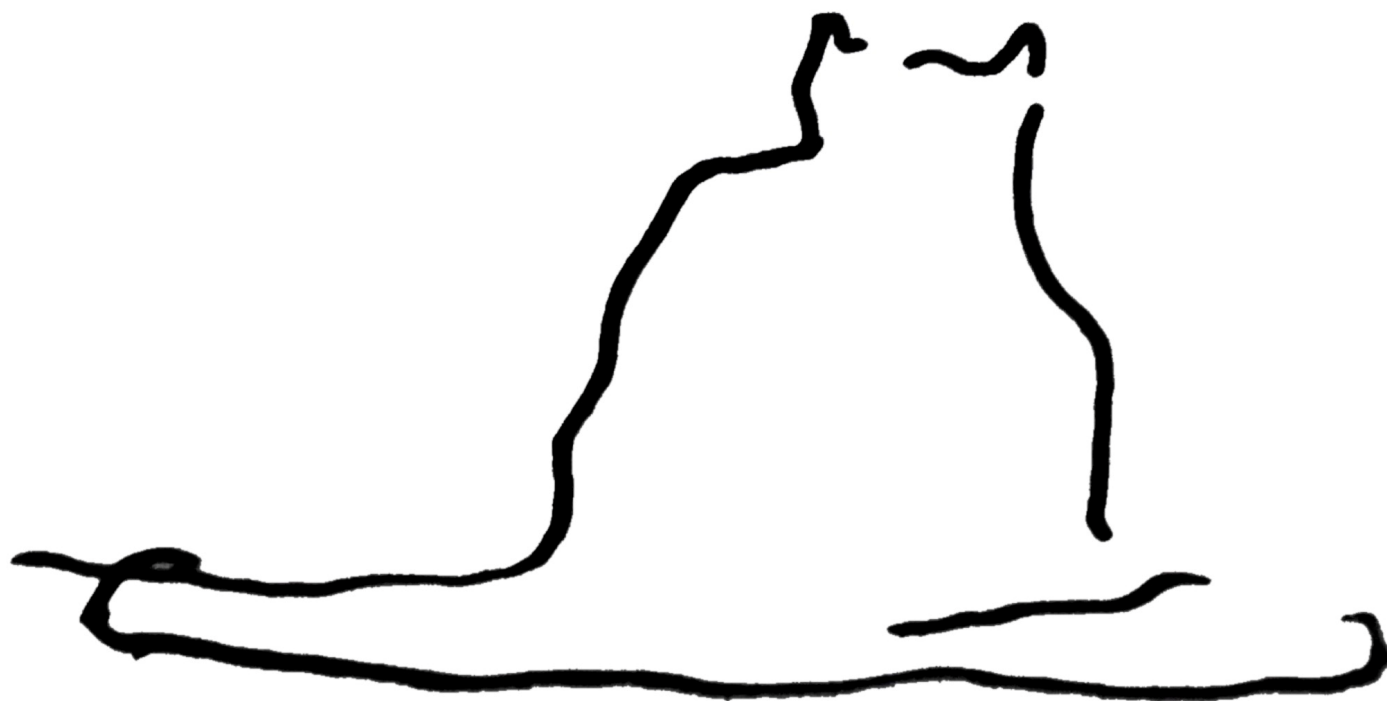


## Connect & Inspire!

Dexter



A five stroke depiction of my sister's familiar.

ART BY ANONYMOUS

All articles, stories and poems are written as personal opinions and experiences, and are not official statements or representations of CMHA.

Community Connections  
CMHA, York & South Simcoe

Our programs

Our website

Contact us at 1-866-345-0183  
or 905-841-3977

Contribute to the Mindful Digest.  
Forward content to Jennifer Lee Jones,  
[jjones@cmha-yr.on.ca](mailto:jjones@cmha-yr.on.ca)  
The Mindful Digest is Designed &  
Produced by Jennifer Lee Jones  
(our offices are currently closed and pro-  
gramming is online or by phone.)  
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L4G-1M2, Aurora, Ontario, Canada

If you are in crisis,  
please call 1-855-310-COPE

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## Connect & Inspire!

### MEMBERS' WRITER CAFE

#### Love, Loss and Hope: A Life Cycle

BY KIRA LYS

When darkness blooms like an  
overgrown rosebush.

Extending its comfort to a  
neglected tombstone nearby.

The beauty and fragrance of its  
flowers is never seen and never  
smelled.

Foreboding feelings form:  
relentless, yearning for a deep  
and dreamless, healing slumber.

Now freshly awakened from a  
timeless sleep.

Rejuvenated.

Desire restored.

Freedom felt like the warm  
embrace of sunshine.

The heart slowly repairs yet never  
will it be the same.

Its cracks and scars forever  
remain, like crumbling, unearthed  
pottery, centuries old.

Yet it is still recognizable, holding  
onto its integrity.

The secrets and stories of a past  
never forgotten

Are embedded deep within its  
fibers like a permanent tattoo.

Like the rosebush, love soon  
grows, undiscerning and pure

Naïve and fragile

Bright red with passion,  
producing an intoxicating elixir

Beautiful and blind; oblivious to  
the pain awaiting in its thorns.

Loving in vain, a merciless  
exercise in futility.

Wounded, the body quickly  
bleeds out, becoming an empty  
vessel.

Loss is permanent and never  
forgotten.

But with the healing passage of  
time, the heart replenishes and

new flowers bloom.

Rich with lifeblood, lessons  
learned and resilience.

Time provides respite from the  
searing torture.

Time gives eventual release,  
permission to let go.

Faith is warily restored again.

Travelling onward with cautious  
optimism.

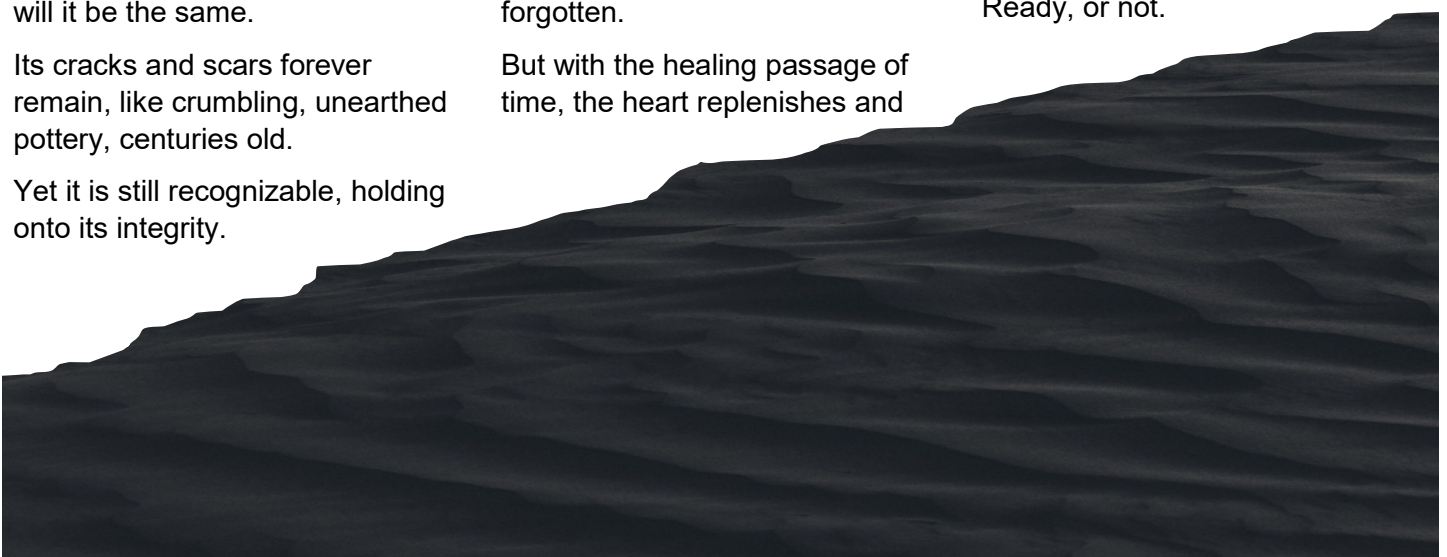
Like a toddler taking their first  
steps.

Hope emerges, stronger and  
wiser.

Though not immune to pain.

Life and love begin anew.

Ready, or not.



## Connect & Inspire!

## JOIN OUR VIRTUAL GROUPS

Contact:  
Community Connections,  
CMHA, York & South Simcoe  
[Our programs](#)  
[Our website](#)  
Contact us at  
1-866-345-0183 or 905-841-3977

## OUR NEW WEBSITE

We are in the process of making our website new and better than ever. Our calendar can be found online [here](#). Can't find the Zoom Link for your group? Be sure to check the Junk Mail the morning of the group or contact the group leader in the brackets of each group.

## FEEDBACK? QUESTIONS?

Please feel free to connect with me or the group leader in brackets next to each session (it is the most effective way of getting specific information/assistance related to a group). Anonymous feedback can be submitted to our Virtual Com-

ment Box here: <https://www.cognitoforms.com/CanadianMentalHealthAssociationYorkRegion/CommunityConnectionsFeedback>

## YOUR SUBMISSIONS

The Mindful Digest is looking for submissions! To contribute to this publication, email your poems, stories, photos and drawings, and how you wish to be credited (e.g. initials, first name only, pseudonym, anonymous etc.)

to Jennifer: [jjones@cmha-yr.on.ca](mailto:jjones@cmha-yr.on.ca) Get creative and inspire others! **DEADLINE** is the 15th of each month.

## NEED SOMEONE TO TALK TO?

We have redeployed staff to provide telephone-based supportive counselling to our community, to support people experiencing higher levels of stress and anxiety due to COVID-19. To learn more call 1-866-345-0183 or 905-841-3977

## NEED TO TALK TO SOMEONE?

Call 1-866-345-0183

If this line is busy call 905-841-3977

Monday to Friday 8:30 am to 4:30 pm  
More information available on our website



Canadian Mental  
Health Association  
York and South Simcoe  
*Mental health for all*

## Connect & Inspire!

### MEMBERS' KITCHEN

#### Apple Crumble Dessert

Created by  
L.A.R.K.

Sprinkle  
cinnamon on  
apple pieces

Place oatmeal  
mixture on top of  
apple pieces

Apple softens and  
after 45 min. will  
be baked.

#### Ingredients:

- 3-5 apples any type
- ½ tsp of cinnamon
- ½ cup cooking oil
- 1 cup oatmeal
- ½ cup water or apple juice

In a separate  
bowl, place  
oatmeal

Add oil to oatmeal  
in the bowl

Mix oatmeal and  
oil

Bake in oven at  
350oF for 5 min

Then lower  
temperature to  
300oF and bake  
for 45 min.

Take out of the  
oven

And serve in a  
bowl with yogurt  
or ice cream!

Share & Enjoy !

#### Directions:

Cut apples off  
cores, skins left  
on

Place apples in  
baking dish

Pour an amount  
of water or juice  
to cover apple





## Connect & Inspire!

### MEMBERS' KITCHEN

#### Curry Lentil Noodle Soup

Created by  
L.A.R.K.

#### Ingredients:

- 1 tbsp oil
- 1 medium onion diced
- ½ tsp of curry powder or dab of curry paste
- 1 cup lentils washed and well rinsed
- 1 small carrot coin chopped
- Handful of kale cut in bite size pieces
- Handful of noodles – elbow macaroni or alphabet noodles

- 6 cups water or vegetable broth

#### Directions:

Heat a big pot  
Cook onion in oil until tender  
Add curry, stir

Add remaining ingredients

Add water or broth

Bring to a boil, turn to simmer

Simmer on medium heat for

40 min. covered

Sir occasionally by opening lid

Add salt and pepper to taste

Ladle into bowls

Share & Enjoy!



**Connect & Inspire!**

## MEMBERS' ART GALLERY

### CERAMIC PLATES

BY JENNIFER H.



Jennifer had a blast at  
“Crock-A-Doodle, making  
this pottery.



**Connect & Inspire!**

## MEMBERS' ART GALLERY

### CERAMIC MUG & LANTERN

BY JENNIFER H.

Jennifer had a blast at  
"Crock-A-Doodle, making  
this pottery.



## Connect & Inspire!

### MEMBERS' ART GALLERY

BY AUGUSTINE

I've been a member of CMHA on and off for several years.

I happened to get the opportunity to join an online drawing class eight months ago at Hong Fook Mental health association.

With no previous experience on drawing. I found myself fall deeply in love with it. Drawing helps me focus, concentrate, leave all the bad things and people behind temporarily and stay in my own world peacefully, non-judgementally for the moment.

Last but not least, receiving positive compliments from art teacher and others also help

*(Continued on page 9)*

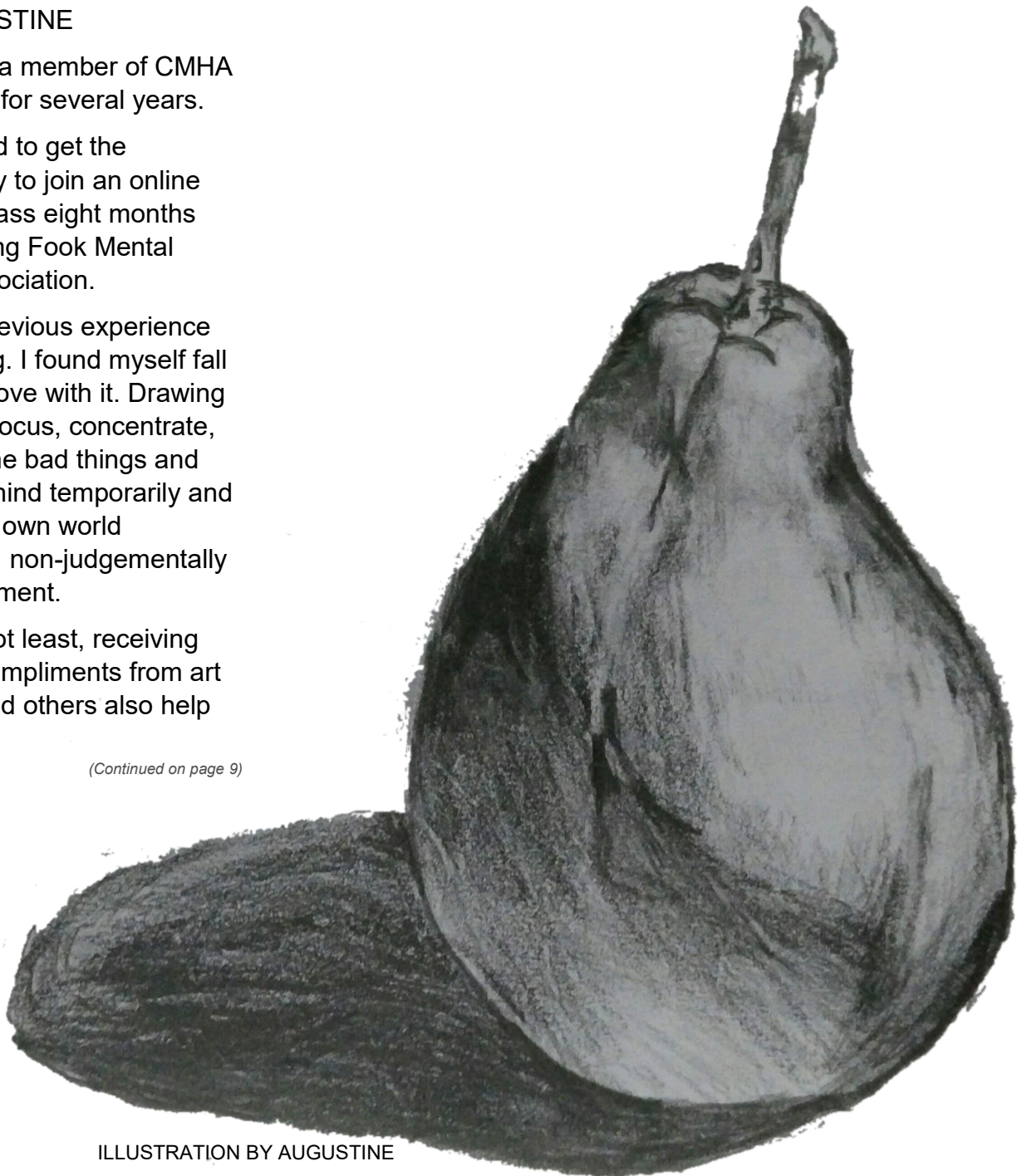


ILLUSTRATION BY AUGUSTINE



## Connect & Inspire!

## MEMBERS' ART GALLERY

*(Continued from page 8)*

gaining back my self esteem  
and self confidence.

As my art teacher always says,  
enjoying the process is most  
important!

Even though I spent hours on  
my drawings every time.

*(Continued on page 10)*



ILLUSTRATION BY AUGUSTINE

## Connect & Inspire!

## MEMBERS' ART GALLERY

*(Continued from page 9)*

I enjoy every single minute of it! I believe it surely does help my recovery on my mental health issues.

ILLUSTRATION BY AUGUSTINE

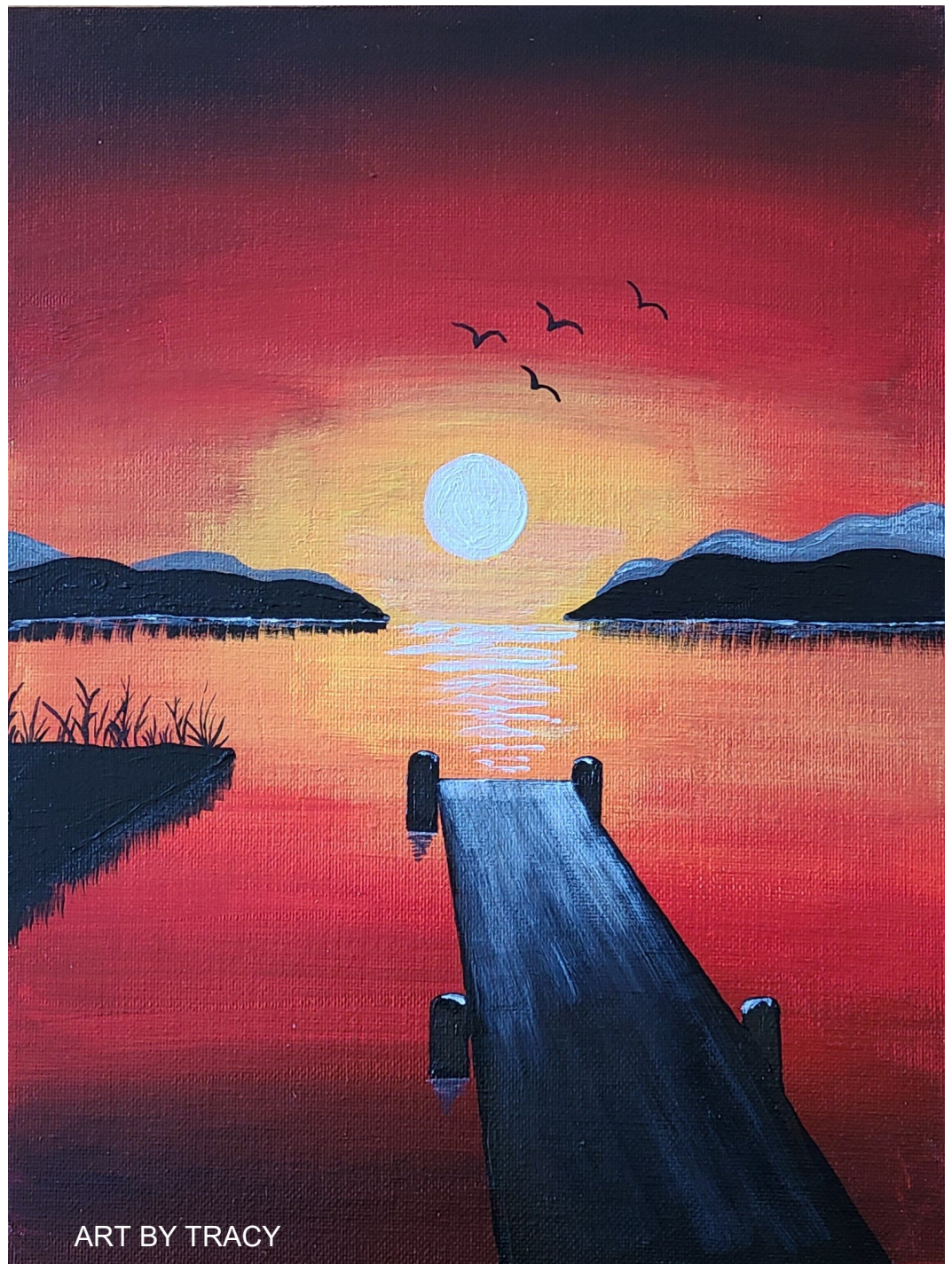




**Connect & Inspire!**

## MEMBERS' ART GALLERY

ART BY TRACY



ART BY TRACY



**Connect & Inspire!**

## MEMBERS' ART GALLERY

ART BY TRACY



ART BY TRACY



**Connect & Inspire!**

## MEMBERS' ART GALLERY

ART BY TRACY



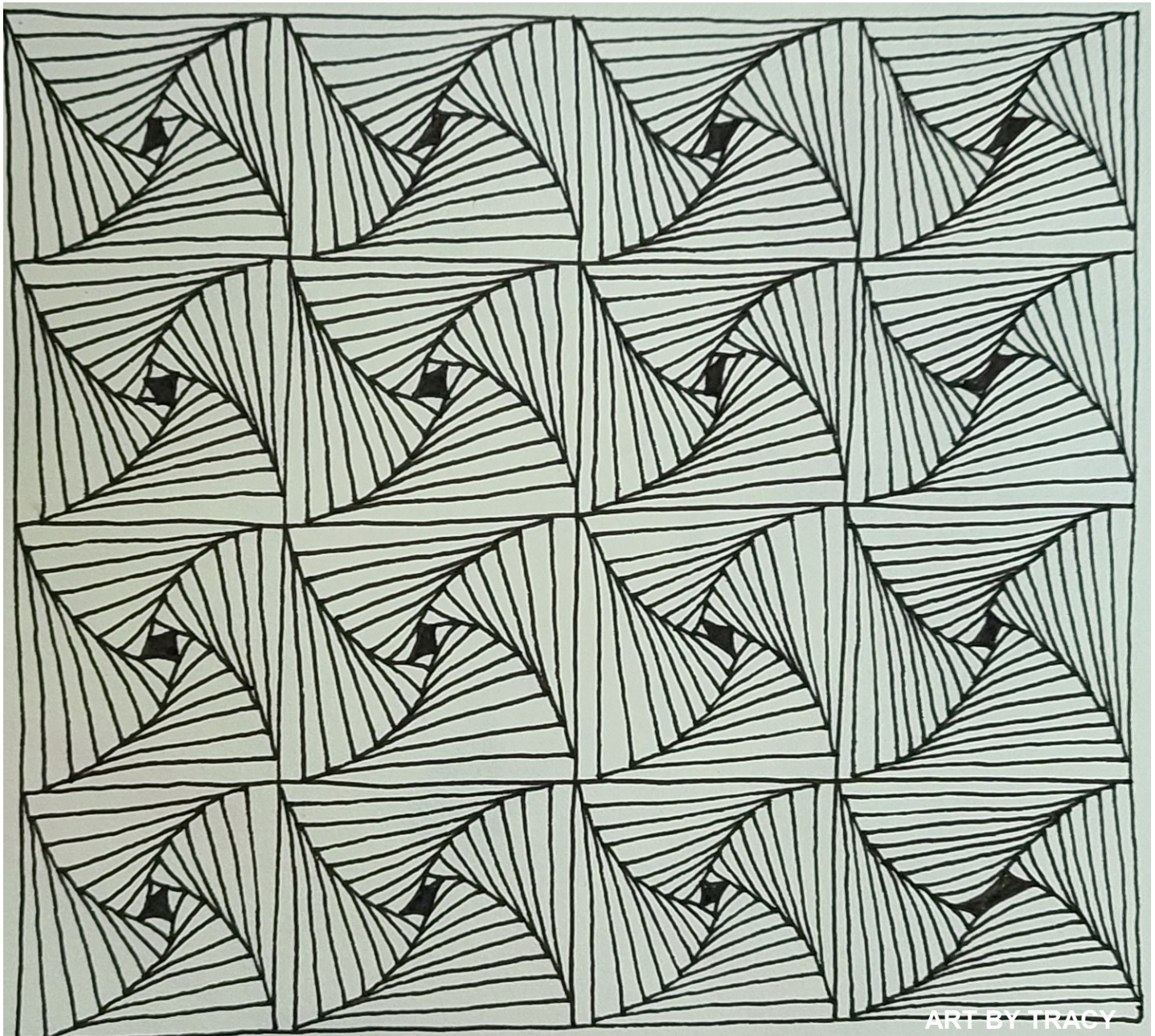
ART BY TRACY



**Connect & Inspire!**

## MEMBERS' ART GALLERY

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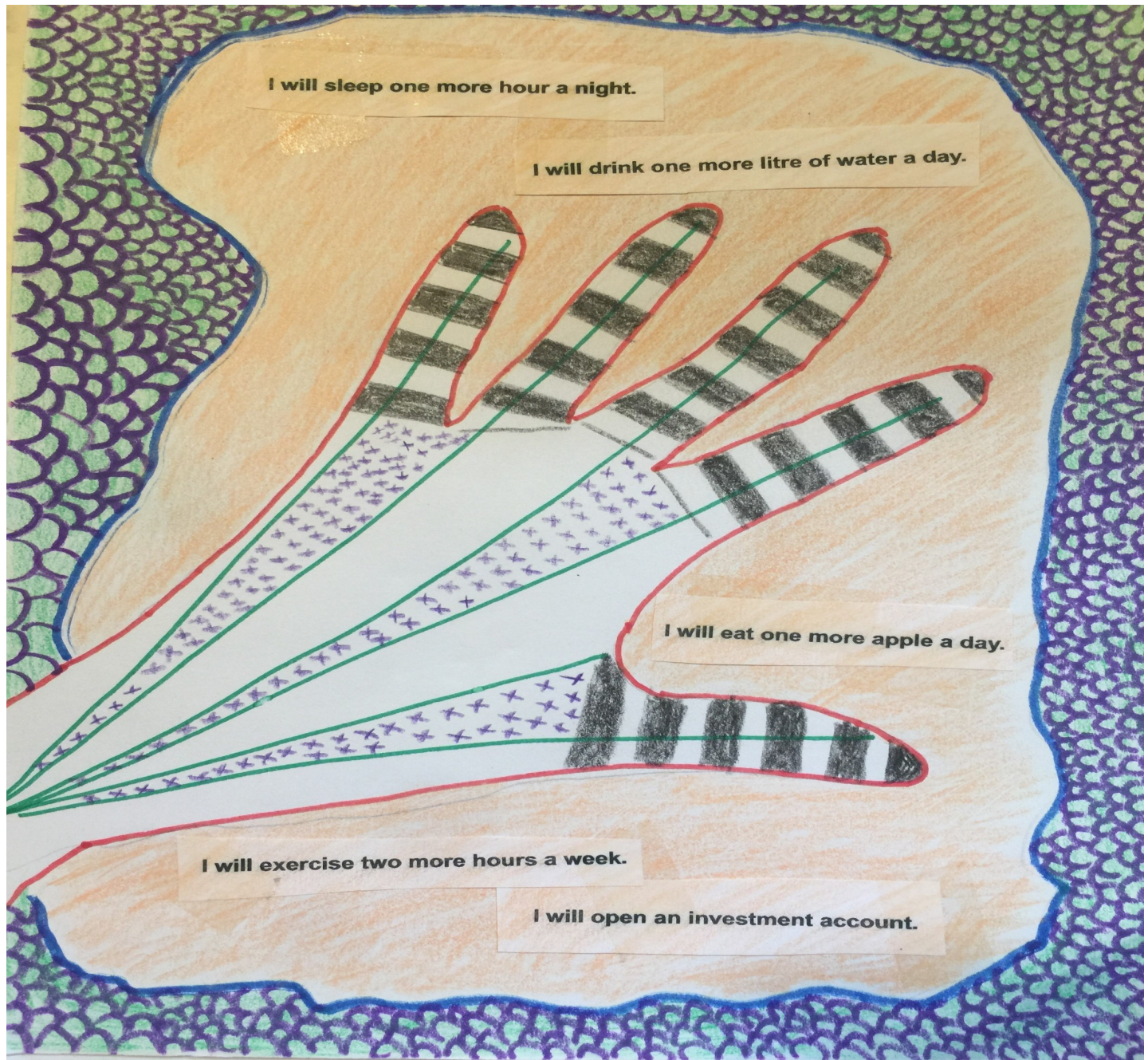


**Connect & Inspire!**

## MEMBERS' ART GALLERY

ART BY PAM

Dedicated to Lana. Thank you for your kindness.

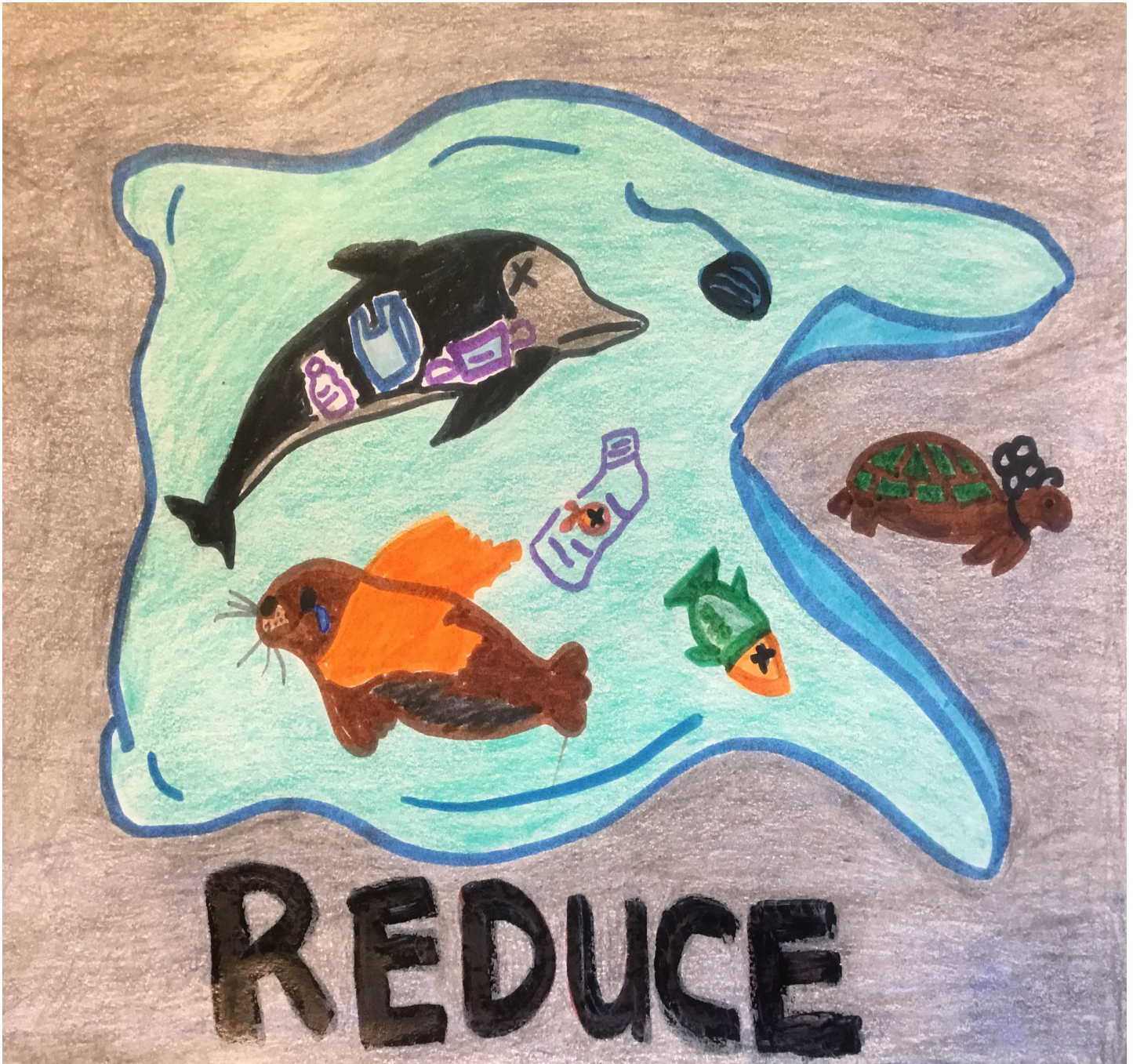




**Connect & Inspire!**

## MEMBERS' ART GALLERY

ART BY ANONYMOUS





**Connect & Inspire!**

## MEMBERS' ART GALLERY

**STAYING AFLOAT** BY ANONYMOUS





**Connect & Inspire!**

## MEMBERS' ART GALLERY

### STANDING TALL BY ANONYMOUS





## Connect & Inspire!

### MEMBERS' WRITER CAFE

#### BACKYARD GARDEN

BY MARGE

I would love to talk about the various aspects of summer. Despite Covid-19 we have summer.

In this season we have the good things such as flowers, people, beauty and nature.

Flowers are beautiful with in many sizes, scents and varieties.

Flowers in our yard are red and pink roses with great scents.

The rose of Sharon's has vibrant green leaves and white blooms.

The Dalia, is a summer perennial, with big blooms.

Sunflowers grow tall fighting for the sun. The bees and birds are attracted them.

Passersby pose, to take photos with the sunflowers.

People who visit , love

the garden because of the beauty. They comment on what they love and take pictures to share with their friends and families.

Some even take seeds

off some of the plants to plant at home.

The yard is chilly when it's dark and we watch the midnight sky. There are stars, moon, satellites and various

patterns in the sky.

As the guests leave, they comment on how they had a good time and that they would love to visit again.

