



**PACE**

People Advocating For Change Through Empowerment Inc.

July 2010  
Newsletter

Peer Support  
Referrals  
Education  
Advocacy  
Socialization  
Committees

Computer/  
Internet

Laundry

Employment Sup-  
ports

Workshops

# PACE THUNDER STRUCK

[www.pace-tbay.net/](http://www.pace-tbay.net/)

PACE 217 ALGOMA STREET SOUTH THUNDER BAY ON P7B 3C3

PHONE: (807)343-4760 MEMBERS (807)345-1476 FAX (807)344-8147

MISN OFFICES: GERALDTON, MANITOUWADGE, SCHREIBER & MARATHON

## PACE

### ANNUAL GENERAL MEETING

**DATE:** *Saturday, July 24<sup>th</sup>, 2010*  
**TIME:** Meeting 3:00 – 5:30 pm  
Dinner 5:30 – 7:00 pm  
**PLACE:** **Prince Arthur Hotel**  
*17 N. Cumberland Street*

**\*Karaoke to follow at PACE after Dinner\***

*Dry Event  
&  
Smoke Free*

#### MEETING IS FREE

TO ATTEND

WIN a DOOR PRIZE

FOR ATTENDING

THE MEETING!!

#### DINNER TICKETS:

\$3.00 for members

Limit of 25 to be determined  
by committee

**Presentation by:**

**'Members with**

**Lived Experience'**

#### DINNER

*Roasted Chicken Pieces*

*BBQ Pork Ribs*

*Cabbage Rolls*

*Perogies*

*Penne with Sausage &*

*Peppers*

*Fried Rice*

*Whipped Potatoes*

*Gravy*

*Mixed Vegetables*

*Tossed & Potato Salads*

*Baked Rolls with Butter*

*Desserts*

*Tea & Coffee*

#### *PACE Contacts*

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EXECUTIVE DIRECTOR 2  
BOARD CHAIR 2

SYSTEMIC ADVOCACY 3

EDUCATION WORKER 4  
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***EXECUTIVE DIRECTOR - MICHELLE MARTIN******Sharing Important Information*****Priorities of the Mental Health Commission of Canada and the North West LHIN Integrated Health Services Plan**

Toward Recovery & Well-being  
A Framework for a Mental Health Strategy for Canada  
Mental Health Commission of Canada

**“Mental health is a state of well-being in which the individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his own community”**

**Goals at a glance:**

- Goal One:** People of all ages living with mental health problems and illnesses are actively engaged and supported in their journey of recovery and well-being.
- Goal Two:** Mental health is promoted, and mental health problems and illnesses are prevented wherever possible.
- Goal Three:** The mental health system responds to the diverse needs of all people in Canada.
- Goal Four:** The role of families is promoting well-being and providing care is recognized, and their needs are supported.
- Goal Five:** People have equitable and timely access to appropriate and effective programs, treatments, services and supports that are seamlessly integrated around their needs.
- Goal Six:** Actions are informed by the best evidence based on multiple sources of knowledge, outcomes are measured, and research is advanced.
- Goal Seven:** People living with mental health problems and illnesses are fully included as valued members of Canadian society.

North West LHIN 2010-2013  
Priority and Strategic Directions for the Local Health System

**Access to and Integration of Services**

**Priority 6:** Mental Health & Addictions Services

**Objectives:**

- Improve access to mental health and addictions services and make the system easier to navigate.
- Improve coordination of mental health and addictions services
- Improve outcomes for people receiving mental health and addictions services.
- Implement the provincial 10-year Mental Health and Addictions Strategy.
- Reduce Emergency Department visits and avoidable admissions to hospital.

***Michelle Martin***

***FROM THE BOARD CHAIR—JOE JAPS*****Board Chair Report**

**SPECIAL WELCOME to PACE Members to your upcoming Annual General Meeting Saturday, July 24, 2010 at the Prince Arthur Hotel at 3:00 p.m. Your personal invitation has been forwarded to you.**

## ***JOE JAPS REPORT CONT'D FROM PG. 2***

YOUR ATTENDANCE, participation, time, and talents, keep us strong and are appreciated. The AGM will be a time for learning, reviewing, approving reports, and election of your Board, enjoy a special meal, meet and great your members and excellent staff. To keep PACE/MISN strong and responsible to our Vision, Mission, Values, needs your participation to keep us strong.

PROGRAMS and SERVICES, received positive feedback. Committees, workshops, and activities, were well attended. Congratulations to the newsletter committee, and especially to Michael Owens, for an informative, excellent newsletter.

FINANCIAL: Fitzpatrick & Partners, Chartered Accountants, Auditors, have expanded their services by merging with Meyers Norris Penny, Chartered Accountants & Business Partners. Executive Director and Board Chair were in attendance for their merging celebration.

Auditor report for 2009-2010 shows a small surplus, a clean audit and good records.

MINISTRY/LHIN: Administration submitted to the Ministry of Health (our funder) submission requirements, on time, (included happy face) through the extra efforts of Michelle Martin, Executive Director and Donna Aleman, Administrative Assistant and Board review. Ministry compliance achieved. We appreciate the support of MINISTRY/LHIN, our funder.

Highlight-(NWLHIN) North West Local Health Integration Network.

Executive Director, Board Chair and Co-chair were invited to a full day session entitled "Call to Action". Sharing what integration means, process of strategic planning, overcoming barriers, and opportunities for integration. Work in progress with other Boards/Agencies.

Thank you, to Members, Board and Staff for your dedication.

***Joe Japs, Board Chair***

## **SYSTEMIC ADVOCACY WORKER—ANNIE JOLLYMORE CONT'D ON PG 4**

### **Working Together for the Safety of All**

Annie Jollymore, Systemic Advocate

Do some people peeve (annoy) you off so much that you feel you have to scream at them or kick a wall? Are there groups of people that annoy you so much you just have to say something nasty about them? Well, if you behave that way at PACE, we will be taking it more seriously than ever before.

PACE has never turned a blind eye to in-house violence or bullying, but a new law called Ontario Bill 168, now requires PACE to take every reasonable safety measure to protect staff, contracted employees, members, volunteers, visitors, and anyone else at a PACE workplace [including MISN] from violent and inappropriate behavior.

PACE has developed written policies to address these issues, including how to deal with complaints, and procedures for reporting and investigating violent and/or annoying behavior.

Incidents that create anxiety, such as bullying, verbal abuse, harassing conduct and disruptive and aggressive behavior will be documented, investigated, and followed-up. Whenever possible, PACE staff will intervene quickly to prevent an incident from escalating. In the case of a conflict that threatens someone's physical wellbeing, we will call the police for immediate help.

## ***ANNIE JOLLYMORE REPORT CONT'D FROM PG. 3***

Safety is our primary concern and we will err on the side of caution. While it is a sign of respect to employees and members to handle problems and difficult people before things get out of hand, PACE will comply with the law, no matter how uncomfortable it might be for the people involved.

**Under the new law:** PACE will warn staff of potential or actual dangers to health and safety, including sharing personal information about members with a history of violence toward others. If there are health and safety concerns, privacy laws encourage the appropriate sharing of information, meaning safety trumps privacy.

The law also requires employers to take steps to prevent domestic violence from spilling over into the workplace. That means making plans to protect a threatened member/worker, and any other employee who might be at risk of harm. Because PACE is a small organization, in any dangerous situation; a threat to one could be a threat to all.

Anger is common in people with mental health issues. Not only do symptoms make life difficult, most Consumers struggle with poverty, and poverty can lead to anger at the whole world. We know and we empathize. And we encourage all members, volunteers and staff to view the new law as an opportunity to seek help for stress, anger or depression. Preventing disputes is better than having to break them up.

***Annie Jollymore***

## ***EDUCATION WORKER—MICHAEL OWENS***

### ***Dealing with unresolved issues***

Do you ever have the overwhelming feeling that something in your life is missing? That you are capable of more and you are not reaching your fullest potential? Are unresolved issues from your past a constant weight on your shoulders? Although we know it's unhealthy, it is human nature to close ourselves up emotionally, we deny the emotional pain exists and store it in an internal vault that we do our best to leave locked up. The fact is however, that no matter how hard we try to avoid thinking about or dealing with these issues they are always hanging around, hence, the term "emotional baggage."

Many of us may have been taught to be strong, to push through the pain or given the age old wisdom of to "just get over it." Denying these feelings or putting them on the shelf so you don't have to deal with them may seem like a good way to avoid your emotions for a short while however they can appear quite frequently or may even pile up on you to the point where you're overwhelmed with feelings of guilt, grief, depression or anxiety and that could then lead to physical symptoms such as headaches, high blood pressure and stomach problems.

It doesn't matter who you are or where you come from, no one is immune to their feelings and it does not make you weak to acknowledge them, you have a responsibility to yourself and those you care about to take care of yourself. It does not matter how big your problems seem, you must remember that you are stronger and that's when you are ready, you can "unpack that emotional baggage."

***Michael Owens***

## ***MEMBERSHIP WORKER- - DIANA MILLER***

### **Problem self awareness**

What is problem self awareness? Problem self awareness is the ability to look objectively at your situation or “problems” and see what needs to be done to solve them. Many of us may feel overwhelmed and wait until the last minute before we take action. In order to have the most time and options available to solve the problem, action must be taken as soon as a problem arises.

No problem can be solved until it is reduced to a simple form. So try to figure out – What the problem is, where it came from, how it’s affecting us and what is contributing or influencing it to happen.

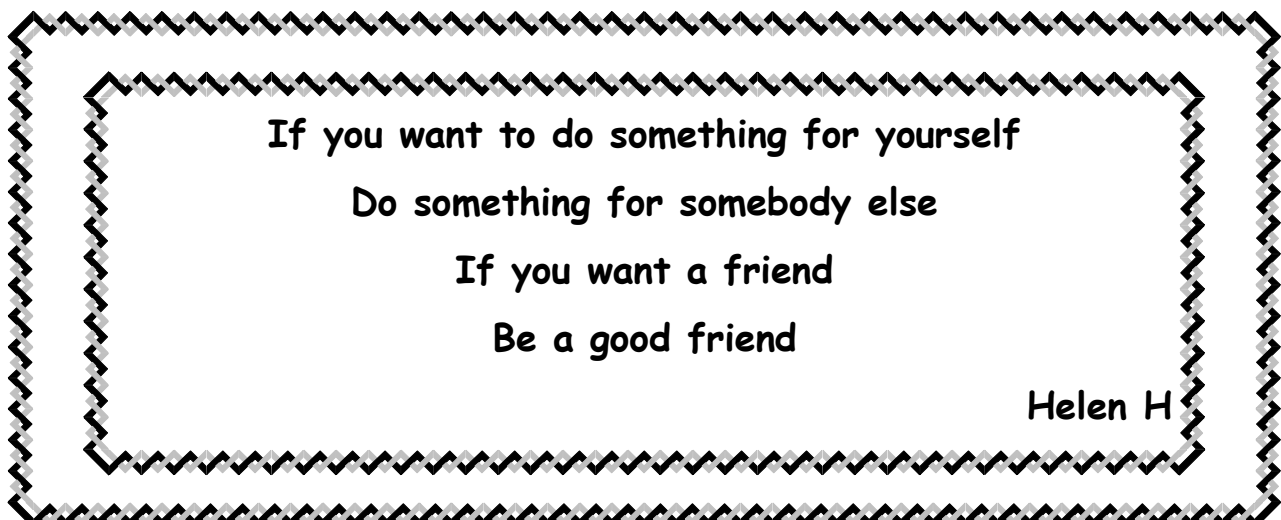
Without struggle there is no progress, therefore problems can be opportunities in disguise. Sometimes problems never get resolved or go away because we are living in denial and do not hear or face the truth about our situation.

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit. Unresolved problems can become subconscious because we tend to bury our problems to the point where we forget they are there, and become buried because new problems develop before we have the chance to deal with the existing ones.

How you think about a problem is more important than the problem itself – so always think positive. Try to look at your problems as opportunity in work clothes, and make the most of your situation. Remember, as the membership worker I’m always here to provide peer support, listen and to help you sort through your options.

**Determination, patience and courage are the only things needed to improve any situation!**

*Diana Miller – Harquail*



## Peer Support at PACE



During Mental Health Week in connection to the “Acts of Kindness” workshop put on by PACE and University students Jody M and Erin C, PACE member John S volunteered to assist PACE staff and Board Members in going to the Water St. bus terminal and spreading the word of Mental Health Week and doing intentional “Acts of Kindness.” As an act of kindness PACE provided free Mr. Freezies to the many bus riders and drivers at the station. John took from his own time to talk to people about how easy it is for human beings to be kind to one another and how easily a small gesture could change someone’s day and improve their own mental health.



Board Member Brad B volunteered his time and knowledge to PACE when he presented a “Fly Fish Tying “ workshop. Members who participated said Brad was a good mentor and was very experienced. They agreed that it was a very interesting workshop and they all had a good time. Brad helped members make 2 or 3 fish ties each and his skill and patience was appreciated by all who attended.



Dave a long time member of PACE ('94) and current board member helped our Membership Worker with one of our many diverse cultural workshops that we do at PACE. The “traditional leather money pouch or medicine bag” workshop went over really well receiving a large attendance and everyone not only gained the experience of how to make the pouch but also had a sense of accomplishment when they had their own pouch to take home. Dave has living knowledge, experience and skill in North-West Ontario’s diverse cultures and shared that with our membership, who all had a blast.



**Diana and Anne**



**Tim and Eric**

**MISN MANITOUWADGE—LORI OLIVERIA**  
**COMMUNITY OUTREACH WORKER** **807-826-4442**

**Weekly Summer Activities & Support Groups in the MISN Office**

**Monday to Friday Mornings** 9 am – 12 pm

Coffee Club, Info & Support, Drop-in, Walk and Talk

**Monday Afternoon** 1pm Craft day

**Tuesday Afternoon** 1pm Bocce Ball/Picnic Lunch

**Wednesday Afternoon** 1 pm Lunch Club Game day

**Thursdays Afternoon** 1pm Women's Pamper Yourself-Help Group/  
Movie & Munchies

**Friday Afternoon** 1 pm Lunch Club & Game day

***Upcoming workshops starting in September***

Self Help Group (subjects to be covered)

Improving Self Esteem and Building Confidence

ABC's of Stress Management

Healthy Living

Depression

Anger Management

*Sign-up sheets available in the office*

***Attitude is Everything***

*I walk down the street. There is a deep hole in the sidewalk.*

*I fall in. I am lost...I am helpless.*

*It isn't my fault. It takes forever to find a way out.*

*I walk down the same street. There is a deep hole in the sidewalk.*

*I pretend I don't see it. I fall in again.*

*I can't believe I am in the same place. But it isn't my fault.*

*It still takes a long time to get out.*

*I walk down the same street. There is a deep hole in the sidewalk.*

*I see it is there. I still fall in....it's a habit.*

*My eyes are open. I know where I am*

*It is my fault. I get out immediately.*

*I walk down the same street. There is a deep hole in the sidewalk.*

*I walk around it.*

*I walk down another street*

**MISN MARATHON- SHELLEY HEAVENS**  
**COMMUNITY OUTREACH WORKER 807-229-0357**

***MISN Summer Events***

Members BBQ & Bocce Ball Tournament

Penn Lake Park

11am

Everyone Welcome!

Call 229-0357 for more info



**Dates**

June 22

July 20

Aug 10

Sept 14

***MISN SCHREIBER—CYNTHIA CLARKE***  
**COMMUNITY OUTREACH WORKER 807-824-1362**

Monday, Wednesday and Friday, Walk N' Talk – 9:30am-10:30am.

Tuesday's 10:00am - 11:00am, Wellness Group

Wednesday is Activity Day at the office, 10:00am – 12:00pm. (Members choice, games, puzzles, movie, etc...)

Thursday is Peer Day, 10:00am – 12:00pm.

Friday is Drop In day.

Membership luncheon has been changed to the last Friday of the month.

*Upcoming events:*

**Pays Plat Health Fair – July 21<sup>st</sup>, 2010.**

**World Elder Abuse Awareness Day is June 15<sup>th</sup>.**

We will be having an open house on that day to introduce our committee.

Open House: Chimo Club, Schreiber, 9 -11am

Terrace Bay at the Curling Club, 2- 4pm.





**Advocacy News**

Ontario Common Assessment of Need (OCAN): We've mentioned the OCAN from time to time here at PACE as a questionnaire that will be used across Ontario to determine the needs of people with mental health issues. Until now, it was something that would happen down the road. But now it really is here at PACE.

So, what is the OCAN? Think of it as a consumer-led tool that identifies your goals, hopes and dreams, and the steps you must take in order to achieve them. It identifies—in your own words—how you view your mental and physical health. The OCAN helps your worker come up with an action plan, and your voice is the key driving force in deciding what services you need and want.

OCAN is a questionnaire that will be used in the same way, using the same lingo, all across Ontario. It will allow service providers, for example staff here at PACE as well as your workers at CMHA, Community Mental Health, Alpha Court and/or others you may go to, to communicate about the needs you have identified that you want to work on. Workers can still use other psychological tests and assess what they think your needs and issues are, but the OCAN will reduce the number of questions you will have to answer, and reduce the number of times you will have to answer the same question for different workers.

You have to want to do an OCAN, and sign a consent form before sitting down to fill it out. Before you give your consent to do the OCAN, it will be very important that you understand your rights and understand that a completed OCAN becomes a permanent part of your electronic health record.

PACE staff will be asking you to complete an OCAN, starting sometime in the fall. My job is to coordinate education, including offering Consumers' rights workshops, and to put OCAN into action at PACE. So, expect changes around here, but don't be afraid of those changes. Over time, OCAN will help PACE with planning its programs and services so that staff can do a more effective job of really meeting your needs.

Annie Jollymore, Systemic Advocate

***PACE Events Calendar***

July 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Pace Yourself!</i> <i>Is our new Slogan</i>		<sup>1</sup> <b>Canada Day</b> <b>PACE Closed</b>	<sup>2</sup>	<sup>3</sup>
<sup>4</sup>	<sup>5</sup> <b>Aboriginal</b> <b>Spiritual and Tra-</b> <b>ditional Healing</b> <b>July 5 @ 1:30</b>	<sup>6</sup> <b>3:00 p.m.</b> <b>Birthday Cake &amp;</b> <b>Cribbage</b>	<sup>7</sup> <b>10:30 a.m.</b> <b>Topic of the</b> <b>Week</b>	<sup>8</sup> <b>1:00 p.m.</b> <b>Governance</b> <b>Mtg.</b>	<sup>9</sup> <b>4:30 p.m.</b> <b>Movie Night</b>	<sup>10</sup>
<sup>11</sup>	<sup>12</sup>	<sup>13</sup> <b>3:00 p.m.</b> <b>Bingo</b>	<sup>14</sup> <b>10:30 a.m.</b> <b>Topic of the</b> <b>Week</b>	<sup>15</sup> <b>1:00 p.m.</b> <b>Executive</b> <b>Mtg.</b>	<sup>16</sup> <b>4:30 p.m.</b> <b>Movie Night</b>	<sup>17</sup>
<sup>18</sup>	<sup>19</sup>	<sup>20</sup> <b>3:00 p.m.</b> <b>Rumoli</b>	<sup>21</sup> <b>10:30 a.m.</b> <b>Peer Support</b> <b>Mtg./Brkfst</b>	<sup>22</sup> <b>1:00 p.m.</b> <b>Board Hash</b> <b>Mtg.</b>	<sup>23</sup> <b>4:30 p.m.</b> <b>Movie Night</b>	<sup>24</sup> <b>AGM</b> <b>Sat, July</b> <b>24 @ 3:00</b> <b>Prince</b> <b>Arthur</b> <b>Hotel</b>
<sup>25</sup>	<sup>26</sup>	<sup>27</sup> <b>3:00 p.m.</b> <b>Yahtzee</b>	<sup>28</sup> <b>10:30 a.m.</b> <b>Topic of the</b> <b>Week</b>	<sup>29</sup> <b>1:00 p.m.</b> <b>Board Mtg.</b>	<sup>30</sup> <b>4:30 p.m.</b> <b>Movie Night</b>	<sup>31</sup>

**Aug 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Civic Holiday PACE Closed	3 3:00 p.m. Birthday Cake & Cribbage	4 10:30 a.m. Topic of the Week	5 1:00 p.m. Governance Mtg.	6 4:30 p.m. Movie Night	7
8	9	10 3:00 p.m. Bingo	11 10:30 a.m. Topic of the Week	12 1:00 p.m. Executive Mtg.	13 4:30 p.m. Movie Night	14
15	16	17 3:00 p.m. Rumoli	18 10:30 a.m. Peer Support Mtg./Breakfast	19 1:00 p.m. Board Hash Mtg.	20 4:30 p.m. Movie Night	21
22	23	24 3:00 p.m. Yahtzee	25 10:30 a.m. Topic of the Week	26 1:00 p.m. Board Mtg.	27 4:30 p.m. Movie Night	28
29	30	31 3:00 p.m. Games				

**Sept 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 a.m. Topic of the Week	2 1:00 p.m. Governance Mtg.	3 4:30 p.m. Movie Night	4
5	6 Labor Day PACE Closed	7 3:00 p.m. Birthday Cake & Cribbage	8 10:30 a.m. Topic of the Week	9 1:00 p.m. Executive Mtg.	10 4:30 p.m. Movie Night	11
12	13 Newsletter Committee Meeting 2:00 pm	14 3:00 pm Bingo	15 10:30 a.m. Peer Support Mtg./Breakfast	16 1:00 p.m. Board Hash Mtg.	17 4:30 p.m. Movie Night	18
19	20 Newsletter Committee Meeting 2:00 pm	21 3:00 Rumoli	22 10:30 a.m. Topic of the Week	23 1:00 p.m. Board Mtg.	24 4:30 p.m. Movie Night	25
26	27	28 3:00 p.m. Yahtzee	29 10:30 a.m. Topic of the Week	30		

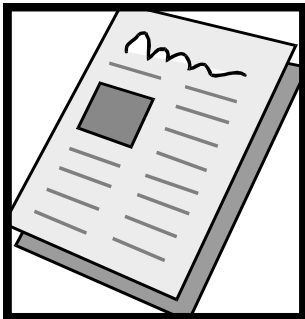
## join us!

To join PACE's Newsletter Committee, you have to be a PACE member in good standing, have the will to pitch in when it comes to nail crunching time, proof read the newsletter for mistakes, give input on submissions, and the structure of the newsletter, and be a team player.

### UPCOMING MEETINGS:

**Sept 13 @ 2:00**

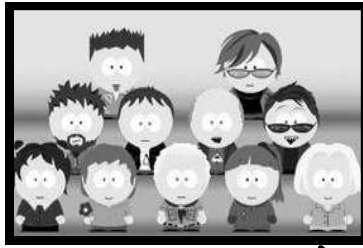
**Sept 20 @ 2:00**



The PACE Thunderstruck Newsletter is a quarterly publication that members, Board members, and staff can contribute to.

Newsletters go out: January, April, July, October

Please pick up your copy today



We want and need your input!

## Committee Corner

### Education Committee:

We are looking for PACE members to help on this committee. It is our goal to tear down the stigma and labeling attached to mental illness. This is an opportunity to express your opinions and ideas in regards to education in the community as well as internally here at PACE. This is a time to have a voice, and help us to identify educational needs for the membership of PACE and ways we can also reach the community.

### UPCOMING MEETINGS:

**Meetings to Continue in the Fall**

### The System Advocacy Advisory Committee

“Working together to solve problems and working toward change to prevent problems”. Join SAAC the second Tuesday of each month at 11 a.m. and learn skills to make a difference in your life.

**Tuesday, September 14: 11:00 a.m.**

Is the law fair to people with mental health & addiction issues? Does it matter to you?

Come out to the **Access2Justice** Discussion Group. Monday September 20: 3 p.m. come and speak your mind!

### Peer Support Committee

The Peer Support Committee is a committee made up of PACE members.

We meet the third Wednesday of each month at 10:30 a.m.

#### **Focus:**

- together, members support each other
- increases knowledge and skills of members
- promotes socialization
- developments acquaintances and friendships

### UPCOMING MEETING DATES:

**July 21 @ 10:30**

**Aug 18 @ 10:30**

**Sept 15 @ 10:30**

#### Executive

#### Board Members

Chair	Joe Japs
Vice Chair	James Heino
Treasurer	Dave Stewart
Secretary	Alan Franklin
Member At Large	Brian McInnes

#### Board Members

Brad Berry  
Elizabeth Belluz  
Anne Cataford  
Gail Huston



# Celebrating Success

## *Newsletter Committee*



From Left: James H, John S, Alan F, Michael,  
Front: Anne C, Tim R

## Thunder Struck

All submissions to be sent to:

C/O  
NEWSLETTER EDITOR  
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## Editorial Policy

Thunder Struck is a quarterly publication of People Advocating for Change Through Empowerment Inc. We welcome all submissions that relate to the PACE Mission Statement. **Note:** The opinions expressed are those of respective authors and not necessarily those of the Committee. The Editor reserves the right to edit articles by content, length and style.