

**Blues
Challenge
2016**



THRIVE FITNESS GOES “BLUE” IN SUPPORT OF MENTAL HEALTH



During the week of March 7th, Thrive Fitness classes across the RM of Springfield and the RM of Tache came out in support of mental health by proudly wearing their “blues” at all scheduled classes. In total, 75 participants and instructors came out from Anola, Oakbank, Richer and Ste. Anne to raise awareness and help erase social stigma regarding mental health issues. In addition to class participation during the week, the Thrive Fitness Facebook page (which reaches over 240 members), featured daily articles about anxiety, depression, suicide prevention and strategies for supporting mental health both as individuals and as a community. Way to show your “blues” Thrive community!

Ode to a Blueberry

By Gregory Unger

Blueberry, o blueberry
What a tiny thing you are,
Dark blue and shiny thing you are,
A thing I cannot know
Save by my mind.
For, what are you but the action of the universe
In terms of economic play
Upon my nervous system?
And, in this you are reduced
From dark blue beauty to a dull drop of clay -
The stuff it's all made from:
Nothing better,
Nothing worse;
Just sensual things spread before me;
A feast of ignorance;
Meaningless...
What a shame for you and me to be so blue.



Anola Sunrise Lodge
Blue Activity
April 19 at 2:00 p.m.



Guest Speaker: Judy Dunn on Mental Health



Tea Time followed with
Blue Cupcakes and
Blueberry Banana Bread
Residents and guests dressed in Blue



In July we will have a Blue Flower Bed.



Elaine Desjardins SSQL

Activity Worker for Anola Sunrise Lodge



Oakbank Beautification

Will be planting blue and white flowers in the hanging baskets and blue and yellow in the ground planters on Main Street in Oakbank.



Day Trippers Adult Day Program Lac du Bonnet Blue Awareness Challenge ~ April 6, 2016



Clients and staff were asked to wear blue, which included jewelry, scarves, hats, hair pieces, etc.

The office doors and entrance at the Lac du Bonnet Health Centre was decorated in handmade flowers.



If some clients arrived that did not wear blue, they were quickly decorated in blue.

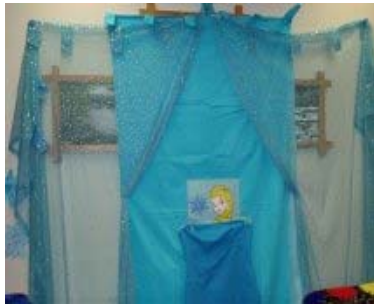


Blue food items included, blueberry yogurt smoothies, blueberry muffins with blue cream cheese icing, and boiled eggs with blue crack lines on them. At lunch the clients were served blue jello for dessert and they enjoyed blue macadamia nut cookies for their afternoon snack.





Chairs, table cloths, table center piece (hand made by the clients), napkins, cups, and cutlery was a sea of blue.



The wall decorations were also hand made by the clients that included pinwheels and flowers. The blue ribbons were prepared by the clients and bracelets were made by using assorted blue beads and buttons. They loved their bracelets so much they wore them all day!!!!



In the morning Elsa Sydorko from Anxiety Disorders Association of Manitoba attended and shared a story with those in attendance.



In the afternoon a blue word game was played; the object was to find as many words with blue in them, blue expressions and the meaning of the color blue.

In addition the ADP will be planting blue flowers in their raised garden beds this spring

It was a Bright Blue Day for all!!

Tannis Machado, ADP Coordinator for Lac du Bonnet, The Day Trippers Adult Day Program
Pat Porth, Community Resource Coordinator, Two Rivers Seniors, Lac du Bonnet

1st Oakbank Guides Blue Challenge Activity

The Guides in Oakbank (girls aged 9 – 11 years old) had a mental health meeting a few weeks ago and they created blue art.

Susan Kotello
Contact Guider for
1st Oakbank Guides



The Springfield Women's Institute would like to participate in the "Blue Awareness Activities Challenge".

Our group erected the monument in Dugald on the agricultural grounds commemorating the Minaki train disaster of 1947. Each year we maintain the site and plant flowers in the planters and flower beds. We propose this year that we will plant blue and white flowers to support and create awareness about positive mental health and suicide prevention and awareness. Many visitors stop by each year to view this site.

In addition we will display literature on mood disorders and mental health issues on our table when we attend functions promoting our group.

In July, at the Springfield Fair, we will be selling tickets on a food hamper. We intend to have blue items (napkins, paper plates and cups etc) in our hamper.

I hope you will consider us for one of the awards. If you require more information please contact Diane Holland, our president at 204-853-7452.



Janet Tinley

Secretary

Springfield Women's Institute

Blue Awareness Challenge



Our Springfield Adult Day Program, The Sunrisers, have decided to participate in the Blue Awareness Challenge. We chose art as our activity and decided to paint blue birds to help remind us of mental illnesses. While we were painting, we discussed how important it is to recognize mental illness. We read and discovered some of the mood disorders people face and how they can impact families, friends and our community. Some clients in our group shared with us that mental illnesses were not to be discussed when they were growing up because of their generation felt it was a negative issue. The group was very open and thankful to have had the opportunity to share and learn and to help reduce the stigma of mental illnesses.



Submitted by:

Lisa Bater

Adult Day Program Coordinator

1-204-444-6127

lbater@ierha.ca



March 18th

Good afternoon and Happy Friday!!

We had a fantastic turnout at Deeley Fabbri, Sellen for our charity/casual day!

We decided to all wear blue for the challenge and the proceeds would go to Mood Disorders.

I have attached pictures for the challenge to be forwarded accordingly.

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First off, we have our most of our fabulous staff showing off their blue outfits.

Secondly, a picture of our homemade blue cookies! Which inturn changed our mouths blue as well. Does that count for double points?

Thirdly, a picture of our blue tickets that were used to redeem the blue cookies!

Michelle Caron

