

thank you!

MESSAGE FROM THE *CEO*

IN ONTARIO, OUR SENIOR POPULATION is on the rise. Our parents, grandparents, family and friends are not immune to the impacts of mental illness. In fact as many as 680,000 seniors are being affected by mental illnesses such as depression, anxiety disorders, dementia, delusional disorders, delirium, and concurrent disorders and suicide.

To help inform Ontario's upcoming 10-year mental health and addictions strategy, the Canadian Mental Health Association, (CMHA) Ontario has produced a policy paper about seniors, *"Mental Health and Addictions Issues for Older Adults: Opening the Doors to a Strategic Framework"* that examines the mental health and addictions issues of seniors and emphasizes the need for action specifically focused on the mental health-related needs of our senior population.

The report indicates that mental illness in seniors has historically been viewed as a normal byproduct of aging. Many mental illnesses that occur later in life are not part of the normal aging process; in many cases these illnesses are treatable and preventable. Furthermore, mental health services and community supports for seniors are currently



Lorne Zon, CEO of CMHA Ontario

inadequate or altogether lacking; the report calls on the new mental health and addictions strategy to focus on providing these much-needed supports.

The aging population in Ontario, the increasing prevalence of mental ill-health in this demographic and the associated human, health and social costs provide compelling reasons to establish a framework that prevents mental ill health. This framework will provide for early identification and intervention of mental ill health and will support seniors so they can live in their homes in communities of their choice.

Your loyal support enables Canadian Mental Health Association, Ontario to focus on this important and prevalent issue. Thank you for your interest and your generosity.

If you would like to know more, please visit our website at www.ontario.cmha.ca/seniors.

Lorne Zon

Chief Executive Officer

Courage, it would seem, is nothing less than the power to overcome danger, misfortune, fear, injustice, while continuing to affirm inwardly that life with all its sorrows is good; that everything is meaningful even if in a sense beyond our understanding; and that there is always tomorrow.

Dorothy Thompson

Mental Health Week – May 3rd to 9th, 2010

Building Your Mental Health: One Support at a Time

FOR MENTAL HEALTH WEEK 2010, thousands of CMHA staff and volunteers across Canada promoted Building Your Mental Health: One Support at a Time. Since 1951, CMHA has focused on topics of National importance related to mental health issues. Most recently the focus has been on workplace mental health and the economy. CMHA is encouraging individuals to take advantage of supports available to them through difficult periods, both at work and in their communities. "A trouble shared is a trouble halved." For more information, tips and resources please visit our CMHA National's website at www.cmha.ca and look for the videos on the right hand side of the home page for *"Mental Health Week 2010."* If you want to help spread this important message, you can forward these videos on to your co-workers, friends and family. Thanks to so many of you for your donation, just in time for Mental Health Week!

Note:

Please notify us if you want your name recognized on our annual list of donors.

Your comments are important to us! Please use this space for anything you would like to share. *(feel free to attach additional paper)*

I would like to subscribe to Mental Health Notes, CMHA, Ontario's bi-weekly e-newsletter. My e-mail address is _____

Please send me information about "Mental Health Works" (workplace mental health program) I have included my mailing address.

I **do want** to receive the donor newsletter twice a year (spring and fall).

I prefer to receive the newsletter electronically – here is my e-mail address: _____

For bequest purposes our legal name is **Canadian Mental Health Association, Ontario Division.**

Official information returns filed with the Canada Revenue Agency can be viewed at www.cra-arc.gc.ca.

Charitable Registration Number 10686 3665 RR0001

www.ontario.cmha.ca/donate



DONOR Dialogue

Why I Support Canadian Mental Health Association, Ontario

OUR SMALL GROUP, CALLED THE “INNER WEB” is a core of nine 50-something men, many of who are life-long friends. We share a common passion for cycling, skiing, snowboarding, music and generally keeping fit and healthy (it’s been said that we are rakishly handsome). Our all season passion does not extend to competing; however we can be a bit fanatical. We are doctors, dentists, lawyers, accountants, independent businessmen and high-tech nerds. We all have families. The inner web is a remarkable group of caring, happy people with a deep and abiding respect for each other.

We stage our annual “Monster” bicycle ride from Niagara Falls to Toronto each June. The ride starts with a one-way bus ride to a spot (the location of the historic Fort Schlosser) just above the Falls and then follows a route through Niagara on the Lake, St. Catharine’s, wine country, up the Escarpment, Hamilton, Burlington, Oakville, Mississauga and back home to Toronto. It is roughly 200km long, takes much of the day to complete and we celebrate with a meal afterwards.

This year, June 13th, marks our 14th Monster. As this year’s Grand Marshall, I have selected the Canadian Mental Health Association, Ontario as this year’s recipient of funds raised.

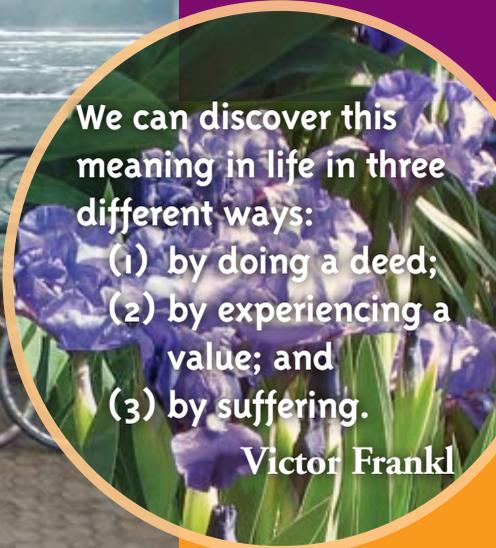
Historically we have been able to raise between \$10,000-\$20,000. Since mental health issues have significantly affected my family, this is a very personal crusade.

We hope to raise awareness and funds for CMHA, Ontario and mental health issues through our annual bike event and we’re pleased to be supporting such a credible and essential organization.

Sincerely,
John Walton



Please note, that funds raised through the **Monster Bike Event** will help support the *Minding Our Bodies Program* – www.mindingourbodies.ca. To learn more about the event please visit www.canadahelps.ca



We can discover this meaning in life in three different ways:
 (1) by doing a deed;
 (2) by experiencing a value; and
 (3) by suffering.

Victor Frankl

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We welcome your ideas, comments and stories. Please submit ideas either by mail to Karen Wilkinson or by e-mail – kwilkinson@ontario.cmha.ca

Please feel free to pass this newsletter on to your friends, co-workers and family!

Thank you for all of your caring Christmas and Holiday greetings!

Here are just a few to share:

Brighter days are just around the corner.

The mind is very mysterious and powerful – so its wellness is all important. Please work with hope in your heart – towards the help that is there for you.

I wish you all lightness of spirit.

In the face of hopelessness, despair, darkness, CMHA is there like a silver lining in the dark clouds to give us HOPE. Believe in them.

There are many candles lit all around us. It is up to us to go toward the light to renew, refresh and grasp the good, the light and the joy to be found in each of us. God Bless.

Don't give up – keep on keeping on.

Hope is a waking dream. Aristotle

I too am disabled by a mental health problem. I know and believe that “ONE DAY AT A TIME” will lead to better days, lighter hearts and a reason to hope. God or your Higher Power will keep you well.

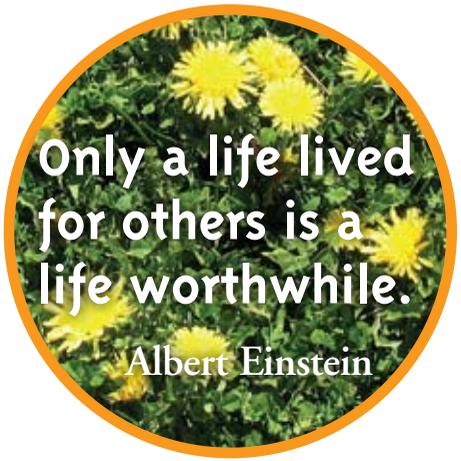
Congratulations Survivor! You're a Hero!

Chin up and keep smiling. You are not alone.

This is for general information only and may or may not reflect the position of the Canadian Mental Health Association (CMHA). Information provided is not a substitute for professional advice. If you feel that you may need medical advice, please consult a qualified health care professional. CMHA makes every reasonable effort to ensure that the information is accurate at the time of printing. We cannot guarantee the reliability of any information printed.

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Only a life lived for others is a life worthwhile.

Albert Einstein