

Community Numbers

NAME OF ORGANIZATION	ADDRESS	PHONE NUMBER
Algoma Family Service	31 Manitoba Rd., Elliot Lake, ON., P5A 2A7	(705) 848-0790 Crisis: (705) 759-3398
Algoma Public Health	302 - 31 Nova Scotia Walk (ELNOS Building)	(705) 848-2314
Alcoholics Anonymous		(705) 461-3150
ADSAB Housing	2 Elizabeth Walk, Elliot Lake, ON. P5A 1Z3	(705) 848-7153 ext. 311
Assaulted Women's helpline		1-866-863-0511
Camillus Centre	9 Oakland Blvd, Elliot Lake, ON P5A 2T1	(705) 848-7182
City of Elliot Lake	45 Hillside Drive North Elliot Lake, ON P5A 1X5	
Club 90	6-10 Paris Dr., Elliot Lake, ON., P5A 2L9	(705) 848-2879
Community living Algoma	255 Hwy 108 N., Elliot Lake, ON., P5A 2T1	(705) 848-2475
Counselling Centre of East Algoma	9 Oakland Blvd., Suite 2 Elliot Lake ON, P5A 2T1	(705)-848-2585 After hours: 1-800-721-0077
Consumer Survivor Initiative (Beehive)	118 Ontario Ave, Elliot Lake, ON P5A 1Y2	(705) 461-3912
East Algoma Mental Health Clinic	31 Nova Scotia Walk, Elliot Lake, ON P5A 1Y9	(705) 848-9131
Elliot Lake Family Health Team	31 Nova Scotia Walk, Elliot Lake, ON P5A 1Y9	(705) 461-8882
Elliot Lake Food Bank	4 Charles Walk, Elliot Lake, ON P5A 2A3	(705) 461-3663
Hospital	70 Spine Rd, Elliot Lake, ON P5A 1X2	(705) 848-7181
Larry's Place - Men's Shelter		(705) 461-9868.
North Shore Legal clinic	31 Nova Scotia Walk Suite 300, Elliot Lake, ON P5A 1Y9	(705) 461-3935
March of dimes		(705) 848-4840
North Channel Literacy Council	10 Paris Dr., Unit 1, Elliot Lake, ON., P5A2L9	(705) 578-3200
Oaks Centre (Detox)	9 Oakland Blvd, Elliot Lake, ON P5A 2T1	(705) 848-2129
ODSP	2 Elizabeth Walk., Elliot Lake ON., P5A 1Z3	(705) 848-7153
Ontario Works	2 Elizabeth Walk., Elliot Lake, ON P5A 1Z3	(705) 848-7153
Supportive Independent Living (SIL)	31 Nova Scotia Walk, 3rd Fl, Elliot Lake, ON., P5A 1Z9	(705) 461-9561
Women's Crisis Centre (Maplegate)		(705) 461-7977 Crisis: (705) 461-9868
St Vincent de Paul Thrift Store	29 Elizabeth Square, Elliot Lake, ON P5A 1Y8	(705) 461-1355
NON-EMERGENCY OPP NUMBER	47 Hillside Drive North, Elliot Lake ON P5A 1X5	(705) 848-6975





Carol Hughes

MP/Députée

Algoma-Manitoulin-Kapuskasing

My office can help you:

- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors, CPP, OAS, GAS
- Passports
- Canada Student Loans
- Service Canada & HRSDC

705-848-8080

1-855-297-4200

carol.hughes@parl.gc.ca

NDP  **NPD**

**We are
here to help**

**Nous sommes
là pour vous aider**



Michael Mantha MPP
Député Algoma-Manitoulin

705-461-9710



ELLIOT LAKE
Blossoms
Fresh Fruit Arrangements™
& Bistro

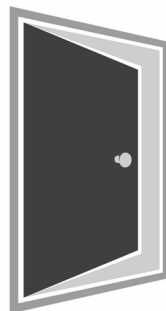
*From soups to
sandwiches, we
have your cravings
covered!
Come check us out
in the HILLSIDE
PLAZA.*



Check out "Elliot Lake Blossoms" on Facebook for our full menu and a look at our amazing edible fruit and vegetable arrangements that we deliver in Elliot Lake and Blind River!

Monday - 10AM to 5PM
Tuesday - 10AM to 5PM
Wednesday - 10AM to 5PM
Thursday - 10AM to 5PM
Friday - 10AM to 5PM
Saturday - 11AM to 4 PM
Sunday - Closed

Counselling Centre
of East Algoma



Centre de counseling
d'Algoma Est

**Providing professional counselling services in
our Elliot Lake Office and Blind River Offices.
Crisis services are available 365 days a year
through our partnership with Sault Area
Hospital's Mobile Crisis Program.**

Elliot Lake Office:

9 Oakland Blvd., Suite 2
Elliot Lake, ON P5A 2T1

(705) 848-2585

Blind River Office:

1 Industrial Park Rd., Suite 210
Blind River, ON P0R 1B0

(705) 848-2585

AFTER HOURS CRISIS NUMBER:

1-800-721-0077

It's spring time at the Club

The snow is melting, puddles are forming and the club is getting ready to say "so long" to winter and welcome the sunshine and flowers.

Last month we had so much fun at the clubhouse that we wanted to keep the momentum going. Members stayed busy with presentations, special days and outings all while they worked on personal goals. We also made a few new friends!

This month we are keeping things informative and fun! We will bring back our successful spa day, celebrate the upcoming holiday together and continue strengthening our minds and body with our wellness Tuesdays.

It should be noted we will be open 12 to 8 p.m. on April 18th for our Easter Supper. We are also closed Friday, April 19 and Monday, April 22. With normal hours resuming April 23.

Now hopefully any April showers prepares us for next months flowers.



Carole sinks them all

By Chester

Carole sank all seven of her balls plus the 8 ball to win the game.

She is the only person to have done this. The other person was Zach.

Carole played against Chester, a former Elite pool player. Congratulations Carole!



March Tournament Winners

Coors Cup (Cribbage) Maggie

Beaver Cup (Sequence/Elite): George

Malin talks women at monthly breakfast

Public Educator with the Counselling Centre of East Algoma, Malin Johnson, was back for the monthly consumer survivors breakfast.

This month Malin spoke about influential women from history who shaped the world we live in today.

The breakfast was made by wonderful volunteers and members!



From our kitchen Chocolate Marshmallow Eggs

Ingredients:

- parchment paper
- 10 ounces chocolate chips or 10 ounces white chocolate
- 1 tablespoon coconut oil or shortening
- Jet-Puffed Marshmallow Eggs
- colored sprinkles

Method:

1. Line a work surface with parchment paper.
2. Place the chocolate in a microwave-safe glass dish and heat until melted, thirty seconds at a time. Stir in coconut oil. Blend well.
3. Dip marshmallows into chocolate and place on parchment paper. Sprinkle with colored sprinkles.
4. Chill in fridge

Bringing women together for IWD



Spotted: Women celebrating women at the annual International Women's Day event held at the ski hill.

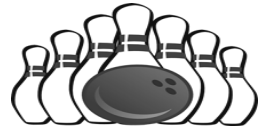
Club 90 goes bowling

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We took a break from the clubhouse on March 13, as we hit up the lanes at the local bowling alley.

A big thank you to Northern Lights Bowling for their hospitality.



Club 90 partners with Employment Solutions

Are you having trouble getting your resume put together? Are you not sure what employers are looking for, or how to best show off your skills and talents.

If you're unable to make it down to Employment Options for help, come let one of our Mental Health Workers know and we can set up an appointment for someone to come down to Club 90 to help you.

EMPLOYMENT OPTIONS EMPLOI

**EMPLOI
ONTARIO**
l'aide emploi vous attend, l'aide vous attend à la maison

COLLÈGE BORÉAL

Eco-Mat @ Paris

Located in the Paris Plaza
at 10 Paris Drive

Free WIFI
available
to our customers

Offering wash & fold services, pay per use machines
and an onsite seamstress

Who we are:

NORTH SHORE COMMUNITY SUPPORT SERVICES, INC. provides community support services and activities to people living with mental health issues.

NORTH SHORE COMMUNITY SUPPORT SERVICES, INC. fournit des services d'assistance communautaires et des activités aux gens vivant avec des questions de santé mentale.



East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.

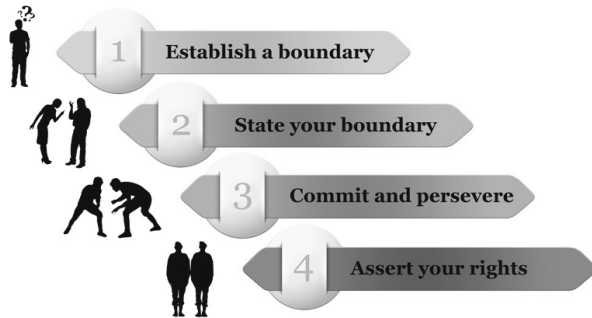


Why do we need boundaries in life?

What is a boundary:

These are guidelines, rules or limits that a person creates to identify for themselves what are reasonable, safe and permissible ways for others to behave around them and how they will respond when someone steps outside those limits.

Phases of Setting a Boundary



Why are they important: Setting boundaries are a way to practice self respect and self care, they communicate your needs in relationships, and set limits in relationships that are healthy.

Setting the boundary: When you find the need to set a boundary do it clearly, firmly, respectfully and in as few words as possible. Do not justify, get angry, or apologize for the boundary you are setting. You are not responsible for the persons reaction to your boundary. If they are upset, know it is their problem and not yours.

Now open in our new location in the Hillside Plaza



Monday:	7:00 AM - 2:00 PM
Tuesday:	7:00 AM - 7:00 PM
Wednesday:	7:00 AM - 7:00 PM
Thursday:	7:00 AM - 7:00 PM
Friday:	7:00 AM - 7:00 PM
Saturday:	7:00 AM - 6:00 PM
Sunday:	8:00 AM - 2:00 PM

let's do lunch

FREE MEMBERS LUNCH AT CLUB 90

Free lunches are on Tuesdays and Thursdays

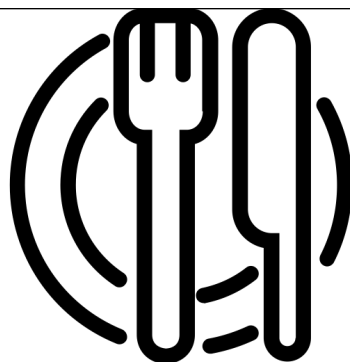
**PLEASE EITHER COME IN OR SIGN UP BY 11:00 a.m. FOR EACH LUNCH TO
ENSURE THERE IS ENOUGH. THANK YOU**

Solutions?! We welcome your solutions and questions!

Anyone can have suggestions, lets come up with Solutions! This is your Club and we want to hear what you feel would be beneficial to maintain or improve Club 90. Submit your questions or ideas to NSCSS Club 90 staff or Email: Supportmh@nscss.com

Club 90 Members Daily Dinner at 4:00pm

Please call in by 1:00 pm for
your dinner for \$2.00 reservation:
705-848-2879

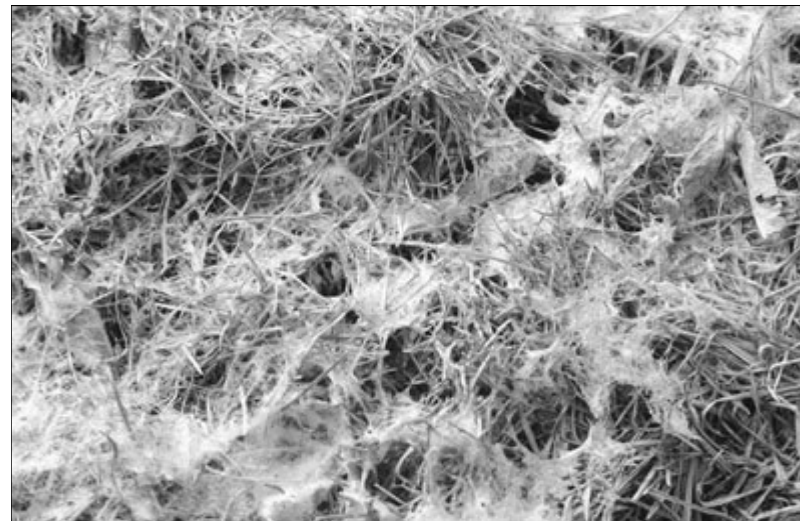


All articles reflect the opinions of the authors and are not necessarily shared by all the members of Club 90. Nor are they necessarily reflective of the viewpoints of North Shore Community Support Services, INC. Advertise in our Monthly newsletter at very reasonable rates. For more info. Please free to Contact Us at (705) 848-2879 or email: mhsupport@nscss.com. Mail us at: Club 90, 10 Paris Dr. Unit 6, Elliot Lake, ON, P5A 2L9
Fax: (705) 848-3752
Editorial: Staff and Members
Distribution: Members

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Could snow mold be causing your symptoms?



Do you find yourself having cold-like symptoms this time of year? If so, it could be due to snow mold.

Because of the frigid temperatures, snow mold is a fungus that lays dormant for the winter. The warm weather we are getting these days provides a breeding ground for the fungus as it needs moisture to survive. It also has been known to cause damage to grass.

The fungus is caused when too much snow stays on the ground for a long period of time. The longer the snow stays on the ground, the higher the chance of the mold spreading. And, chances are you have seen snow mold even though you may not have known what it is. A light layer of grey or pink webbing lays on the grass and may be responsible for your sneezing, coughing, nasal congestion and/or burning eyes.

Snow mold can last as short as a week to well over a month. Good news, the rain that comes with springs can kill off the mold. Hot temperatures also keep the mold away.

You can fight the symptoms using normal allergy methods such as antihistamines.

7 Members treat themselves to a Spa Day



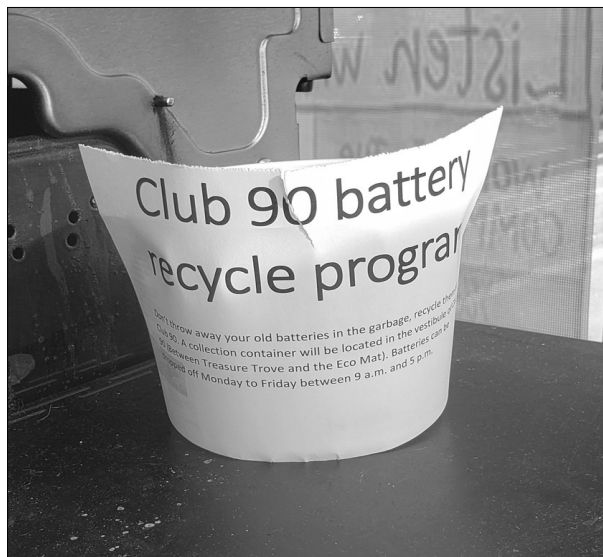
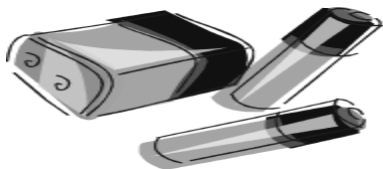
If you can't go to the Spa, you bring the spa to you!

With the harsh wintery weather taking a toll on our skin, members were treated to an afternoon of spa-like tranquility. Members participated in a hand soak, mud masks and nail painting.

Battery program a success at club

By George:

After a slow start, the Club 90 battery recycling program has turned into a resounding success. Over 100 batteries were dropped off for recycling in a two weekend period. Keep 'em coming!



Stop apologizing, start thanking



Good Food Box

Get the nutrients you need while eating healthy with the Good Food Box. Order your box by April 10 to receive an assortment of fruits and vegetables. The box comes in two sizes. Small for \$10 and large for \$19.

Orders can be done online at www.goodfoodboxsudbury.ca or by calling (705) 848-1711. The Good Food Box can be picked up at 11 Mary Walk (Beside the Northern Lights Bowling Alley).



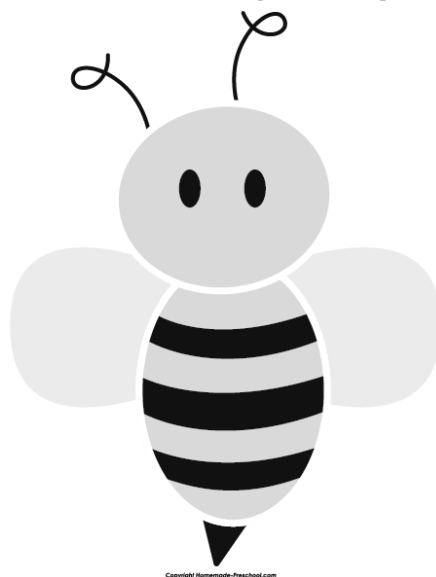
Why are the bees dying? Colour me

The Issue

Bees and other pollinators are critical to the health of our ecosystems. Yet they are in serious decline due to the combination of habitat loss, disease, climate change and exposure to pesticides such as neonicotinoids (neonics).

These pesticides are known to negatively affect many pollinator species including bees, butterflies and birds. With respect to bees, neonics can cause direct mortality and also impact navigation, learning, food collection, resistance to disease and reproduction.

Many of Ontario's native bee species are now in decline, including the gypsy cuckoo, rusty-patched and yellow-banded bumblebees.



Why It Matters

Pollinators ensure the reproductive success of plants and the survival of the wildlife that depend on those plants for food and shelter. They are also responsible for an estimated one out of three bites of food that people eat, which is worth billions of dollars to the North American economy.

What We Are Doing

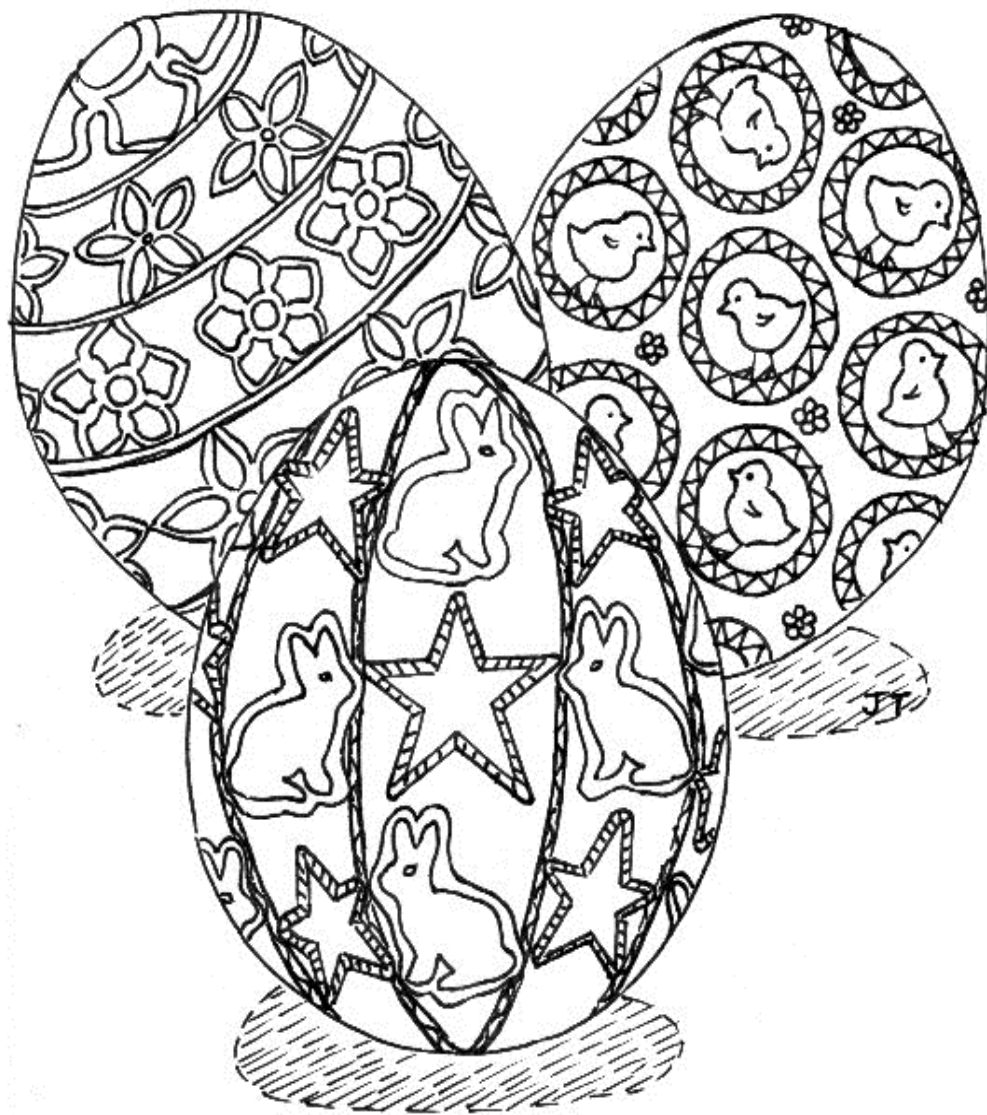
Working alongside our Youth Council and in partnership with farm, health and other environmental organizations, Ontario Nature is:

Advocating for change, particularly the banning of neonicotinoid pesticides in Ontario;

Encouraging fellow Ontarians to create pollinator habitat and plant native species;

Raising awareness about the plight of Ontario's pollinators through media, social media, events and gatherings.

More information at: <https://ontarionature.org/campaigns/pollinators/>



EASTER



Benefits of self-awareness in your mental health recovery

- ❑ Becoming aware of your mental states so you know which set of coping skills to use.
- ❑ Taking a step back to notice trends over time.
- ❑ Keep busy and have a routine
- ❑ Recognize what is harmful and triggering to your recovery, which allows you to take action on communicate your needs.
- ❑ Accomplish growth in therapy.
- ❑ Recognizing and communicating how you feel using proper terms
- ❑ Being able to communicate with therapists/psychiatrists what you are feeling as you can list if symptoms have stayed the same or changed.
- ❑ You can manage friendships and interact in healthy ways. You are also able to “check in” with friends when you are having bad days.
- ❑ Your self-awareness lets you know how you are acting at work and can compare it to work expectations.
- ❑ You are able to communicate your needs.
- ❑ You can create meaning in your life.
- ❑ You are able to understand others who have the same mental illness or symptoms.
- ❑ You raise awareness about mental illness by being able to talk about your experience.

OPP wants you to be aware of scams¹⁰

If you receive any unsolicited communication by any means asking for money to be given or that you won money, be cautious and suspicious. Never give out any personal, credit or banking information to anyone over the phone, by letter, email, fax or any other means of communication. Often, the victims are presented with a situation that is either very serious and/or needs immediate attention and they feel pressured to provide the information requested on the spot. This is a tactic frequently used in the scams.

Here are just a few examples:

- Computer Virus Scam, you will receive an e-mail stating your computer has a virus and there will be a link to click on to fix your computer. As soon as you click on that link, the fraudster now has complete access to your computer and all personal/financial information you may have stored.
- Canada Revenue Agency (CRA) Scam, criminals extort money from their victims through a fraudulent communication that claims to be CRA. The communication requests personal information such as a social insurance number, credit card number, bank account number or passport number. They make false claims about the victims owing money and they are very aggressive.
- Internet Card Scam, where a pop-up survey displays on a computer screen with a survey where an iPhone can be won. The survey requires the entry of personal and credit card particulars. Charges then being to appear on credit card statements that the victim did not authorize.
- Bank Security Scam, where a fraudster represents themselves as security from a local bank and asks for assistance in a criminal investigation. The fraudster asks the victim to withdraw money to be given to the fraudster in person. A reward is sometimes offered by the fraudster in order to further coerce the victim to participate.

If you believe that someone is posing as a fraudster on the phone, hang up. Also, you can file a complaint through the Canadian Anti-Fraud Centre at 1-888-495-8501. If you are a victim of a fraud or scam, contact your local police agency. Remember, you can Stop Phone Fraud - Just Hang Up!