

Club 90 wishes you all a safe
and “hoppy” easter!



Club 90

Stepping Stones
April 2021



Reminder:

It is mandatory that masks/face coverings are worn at all times while at the clubhouse. This also includes when you are sitting at a table*.

(*Can be removed for eating only)



**We wear our mask to protect you.
You wear your mask to protect us**

Glen, Daniel, Steven, Patrick, Christine, Shawn, Pim, Dakota,
Gord, Jennifer, Donald, Aubrey, Jasmine

Stepping Stones created, published and delivered by members and staff of Club 90

Stay Connected:

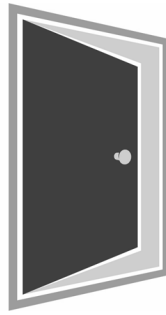
Check out the official North Shore Community Support Services/ Club 90 page to stay up-to-date on what's happening.

<https://www.facebook.com/nscssclub90/>

Community Resources in your hands

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
APH Community Mental Health Program	(705) 848 2314 ext 4002
Alcoholics Anonymous (AA)	(705) 461 3150
Al Anon Family Group	1-888-425-2666
Algoma District Services Administration Board	(705) 848 7153
Camillus Centre	(705) 848 7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848 2287
Community Care Access Centre (CCAC)	(705) 461-9329
Community Living Algoma (CLA)	(705) 848 2475
Counselling Centre of East Algoma (CCEA)	(705) 848 2585 (DAYTIME CRISIS)
East Algoma Mental Health (EAMHC)	(705) 848 9131
Elliot Lake Food Bank	(705) 461 3663
Elliot Lake Family Health Team	(705) 461 8882
Hospital	(705) 848 7181
Larry's Place (Men's Shelter)	1-705-989-5600
March of Dimes	(705) 848 4840
Maplegate House for Women	(705) 461 9868
North Shore Legal Clinic	(705) 461 3935
North Shore Literacy Council	(705) 578 3200
Non-Emergency OPP	(705) 848 6975
Oaks Centre (Detox)	(705) 848 2129
ODSP and Ontario Works	(705) 848 7153
Salvation Army	(705) 848 2417
Supportive Independent Living	(705) 461 9561
CCEA After Hours Crisis Support WARM LINE	1-800-721-0077 1-866-856-9276

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:

Available by phone

(705) 848-2585

AFTER HOURS CRISIS NUMBER:

1-800-721-0077

Finding gratitude during a pandemic

Last month, we've reached the one-year anniversary of living during a pandemic. Something many of us may have thought we wouldn't do.

First you all continue to be amazing you for how you have handled the past year. Our routines have constantly been disturbed and we have learned to take each day as it comes. We've adapted, we've grown, we've become resilient.

One message we always try to instill in others is *gratitude*. And while it may be hard to find the good in these past 12 months but we have a lot to be grateful for.

- Although in different ways, essential services were still accessible,
- We valued and appreciated the social connections we had,
- We found interests in new hobbies and developed skills,
- We woke up everyday to face a new day of uncertainty.
- We created, set and established boundaries for ourselves.

**Gratitude
IS THE BEST
attitude**

I'm sure each and everyone of you have faced challenges and should be proud of oneself for what *you* have accomplished. As we continue to move forward, remember to practice self-care and self-compassion. Be kind to others.

Club 90 news:

- ☐ We are serving our Easter supper on April 1 with two serving times. 11:30 a.m. and 3:30 p.m.
- ☐ *We will be closed April 2 and April 5 for the long weekend.*
- ☐ We are starting up a café unit monthly meeting. This is open for all members to actively participate in the café. More information inside.



Welltory is an app that lets your body talk to you directly, telling you how much you can get done today, if you risk getting sick, and what to do to feel better tomorrow.

Welltory measures the state of a user's nervous system by tracking their heartbeat through the phone's camera and analyzing it with the help of heart rate variability algorithms. Researchers can use the measurement results to track changes in the user's nervous system in response to specific stimuli.

While the main **measurement** comes through **measuring** your heartbeat, using the same PPG technology found in most pulse oximeters, it then applies variability algorithms to **assess** the state of the "autonomic nervous system" — the body's **stress** and recovery regulation center.

ELLIOT LAKE EMERGENCY FOOD BANK

NEW Location: 29 Columbia Walk

OPEN

MONDAY-WEDNESDAY-FRIDAY
10 A.M. TO 12 P.M. & 1 P.M. TO 3 P.M.

WAYS TO DONATE:

- Use Drop boxes at various Stores.
- Drop off your food or monies at the Food Bank.

705-461-3663

PHONE



bad social
media
habits

focusing on the
number of likes
and followers

browsing when
you feel lonely
or inadequate

cyber-stalking
your ex post
breakup

comparing
yourself to instagram
models/influencers

good social
media
habits

using it as a
way to learn more
about people and
the world

following people
who inspire you
and make you
happy

posting pictures
of moments you
treasure and want
to remember

set a daily
limit, and disengage
at times

crazyhead
comics

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

Available by phone

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**

Available by phone

Michael Mantha MPP
Député Algoma-Manitoulin

705-461-9710

From our kitchen

Baked Feta Pasta

INGREDIENTS:

- 2 tomatoes
- 3 gloves of garlic (smashed)
- 1/2 cup extra virgin olive oil
- Salt
- Crushed red pepper flakes
- 1 (8oz) block feta
- 10 oz pasta



DIRECTIONS:

1. Preheat oven to 400°. In a large ovenproof skillet or medium baking dish, combine tomatoes, garlic, and most of the olive oil. Season with salt and red pepper flakes and toss to combine.
2. Place feta into center of tomato mixture and drizzle top with remaining olive oil. Scatter thyme over tomatoes. Bake for 40 to 45 minutes, until tomatoes are bursting and feta is golden on top.
3. Meanwhile, in a large pot of salted boiling water, cook pasta according to package instructions. Reserve ½ cup pasta water before draining.
4. To skillet with tomatoes and feta, add cooked pasta to skillet and stir until completely combined. Garnish with basil before serving.

JOIN THE CLUB 90 CAFE UNIT

We are looking for members who are interested in learning and helping out in the café unit!

The Cafe unit helps members enhance their cooking knowledge, meal planning and budgeting.

Starting this month, the Café Unit lead (a MHW) is holding monthly meetings starting April 12, 2021 at 2:30 p.m.

Together we will come up with:

- Schedules for members who want to participate in meal making,
- Create the monthly meal calendar,
- Assist in developing the weekly grocery lists,
- Help plan and prep holiday meals.

ORAL HEALTH

Good for Life™

April is Oral Health Month

Taking proper care of your teeth and gums is a lifelong commitment. Follow these simple steps to keep your oral health good for life.



1. Keep your mouth clean

- Brush your teeth and tongue twice a day.
- Use a soft-bristle toothbrush and fluoride toothpaste.
- Wait at least 20–30 minutes after eating before brushing your teeth.
- Floss every day.
- Look for oral care products with the Canadian Dental Association (CDA) Seal.
- Eat a well-balanced diet.
- Limit foods and beverages containing sugar or carbohydrates.
- Ideal snack foods: cheese, nuts, vegetables, and non-acidic fruits.



2. Check your mouth regularly

Look for signs of gum disease:

- Red, shiny, puffy, sore or sensitive gums
- Bleeding when you brush or floss
- Bad breath that won't go away

Look for signs of oral cancer:

- Bleeding or open sores that don't heal
- White or red patches
- Numbness or tingling
- Small lumps and thickening on the sides or bottom of your tongue, the floor or roof of your mouth, the inside of your cheeks, or on your gums



3. Don't smoke or chew tobacco.

Besides ruining your smile, smoking and chewing smokeless tobacco can cause oral cancer, heart disease, and a variety of other cancers.

4. Visit your dentist regularly.

48% of Canadians who haven't seen a dentist in the past year have gum disease. Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.



How Club 90 supported me during the pandemic:

Club 90 supported me during the pandemic in so many ways I was so thankful they

- made calls to me*
- they sent out meals to me*
- they sent out homework to me*
- they were all there when I needed a ear to be heard!*
- they gave me good suggestions, and good opinions!*
- Anything I needed they were there for!*

I'm so grateful for Club 90 during the Pandemic.

We have iPads for members to use:



Check out local flyers



Read a book

TED

Listen to a lecture



Learn a language



Make music



Play games



browse online

You Tube

Watch something

NEWS

Catch up on news

Find time to
lose yourself



IN WHAT YOU LOVE



ACTION FOR HAPPINESS

Keep learning new things
www.actionforhappiness.org

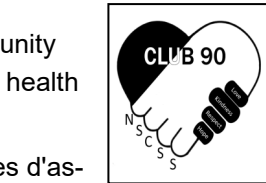
Who we are:

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.

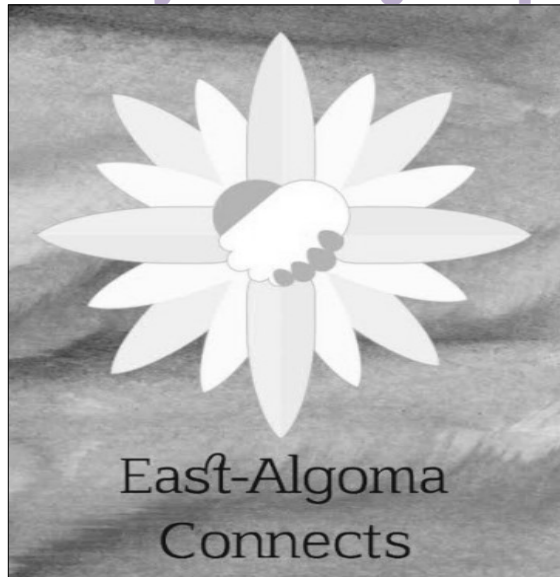


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



Local resources at your fingertips

Did you know that we have a great resource at our **fingertips** that can help you find the services that we offer in Elliot Lake and surrounding communities? Whether you're looking for **addictions** services, **mental health** services or more, this info bank will have you pinpoint the service closest to you in an instant! No need to call anyone and being put on hold or give lengthy explanations over and over. The various petals offer you information on **where to get food, go for education, health care** and what **help-lines** to access. Visit East Algoma Connects at www.eastalgomaconnects.com or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



A few members created a "Feelings Wheel" one afternoon. This is a beneficial tool to use when working on emotion efficacy. It's divided into core emotions (anger, sad, happy, surprised, fearful and disgusted). People then peruses the primary emotions listed in the "triangle" for that emotion.

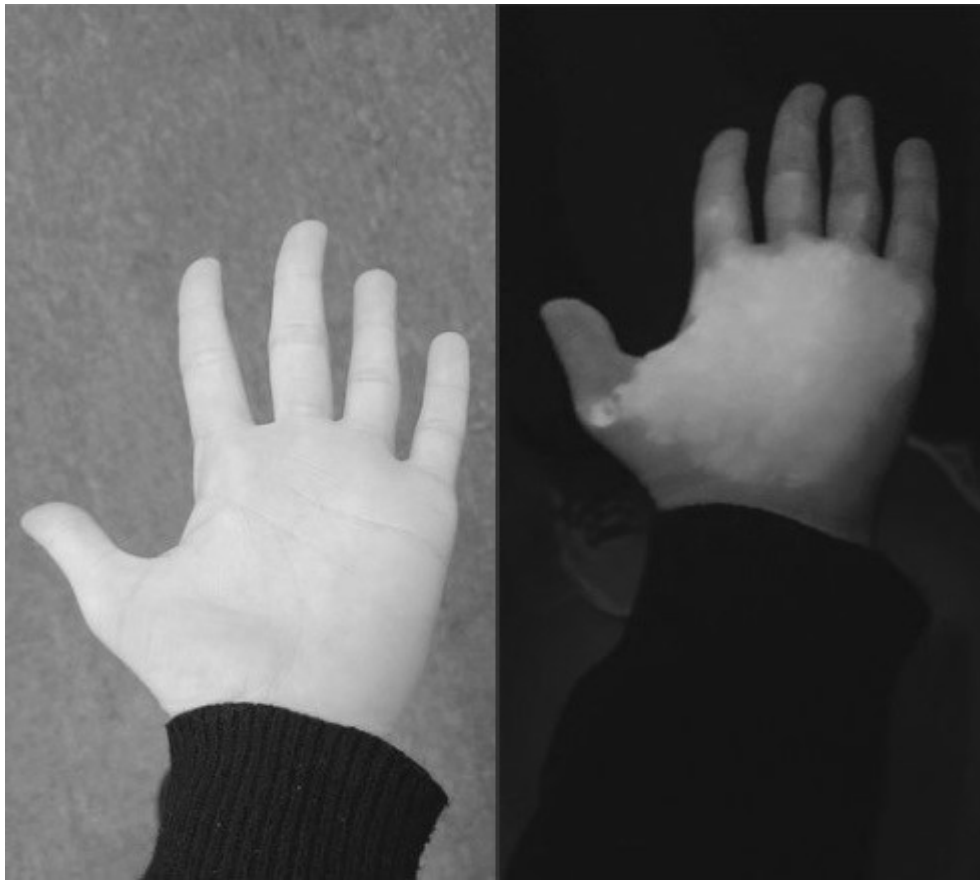
Club 90 celebrates St. Patrick's Day



To celebrate the Irish spirit, Club 90 hosted a free turkey lunch and supper.

We served up 23 plates of turkey with all the fixing, soup and green cupcakes.

Thank you to the members who helped set up and clean up during the meals! All your hard work is appreciated!



What's hidden under the surface.....

We always knew washing our hands was imperative to keeping ourselves (and others) safe. But since the pandemic, the task has become even more crucial. IPAC Champion, Laura, has been holding recertification for handwashing as well as how to properly put on and take off our masks.

So we decided to incorporate some science fun into a mundane task. The photo on the left shows what appears to be a "clean hand". When asked, people said at first view the hand looked clean. However, under the black light, you can see where germs would be lit up under a black-light.

To try this at home: Put a small amount of mustard your hand and wipe off with a napkin (Kind of like what we do when we spill something on our hands). Wait a few seconds and put your hand under a black light and see where it lights up.

How Club 90 supported me during the pandemic:

The team especially my friend Jessie kept in touch. They have been there when in need. Love them ALL. Couldn't ask for BETTER!!

How Club 90 supported me during the pandemic:

Continued socialization, people to talk with and it helps keep food costs down. MHU's able to help with issues that arise as a result of the pandemic, they also keep a decently-running newfeed on their FB page.

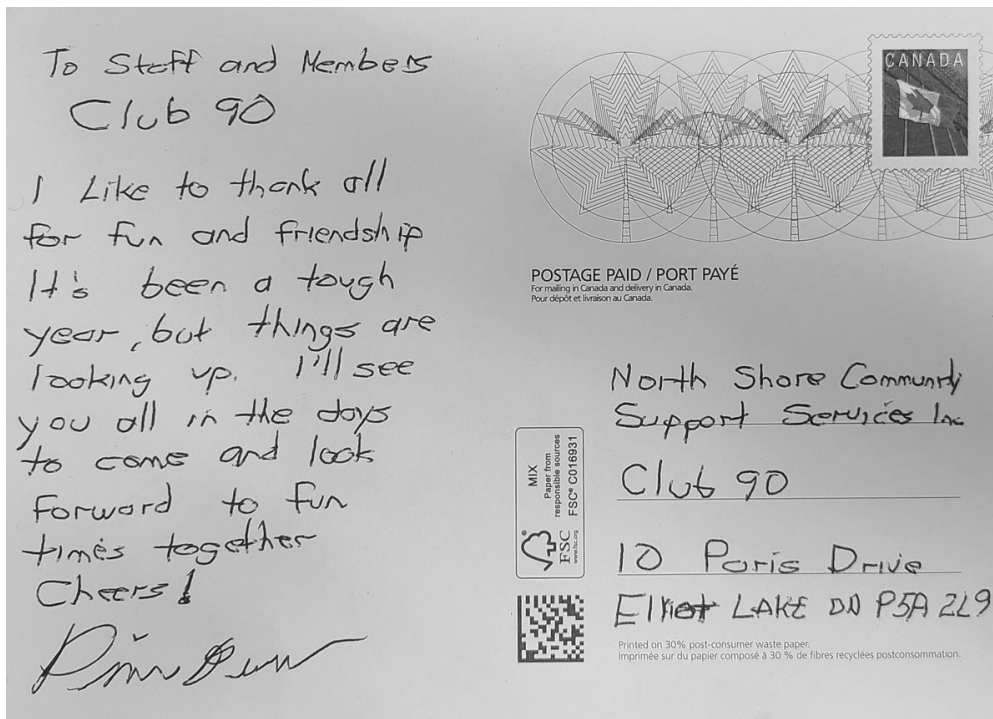
keep it up guys~



Spring is in the air

Can you believe the amazing warm weather we have been having? We cannot wait for the beautiful colours to sprout up from the ground. Luckily for us, we had one member bring a touch of spring to the clubhouse with her amazing flower she drew for all to enjoy!

In the mail



Spring Word Search



Find the words
below in the
grid to the right:

N	B	I	Z	D	A	F	F	O	D	I	L	M	E	L	T
M	Q	L	F	F	N	M	W	A	K	E	U	P	N	V	Q
L	J	D	O	L	V	C	O	Q	A	P	R	I	L	W	C
P	L	O	W	O	T	H	L	T	B	H	X	K	A	B	N
G	P	T	F	W	M	E	M	C	H	E	S	Y	D	T	V
R	I	U	B	E	A	R	N	P	B	E	A	H	K	V	V
O	A	L	U	R	H	R	C	K	V	D	R	S	Y	T	G
W	V	I	D	C	R	Y	H	A	S	L	L	S	T	P	V
G	F	P	I	T	E	B	E	L	S	B	F	M	D	E	D
R	Y	F	N	N	C	L	O	C	S	P	A	M	R	A	R
M	W	A	U	Z	W	O	R	L	I	O	R	S	F	N	Y
W	L	J	E	E	F	S	O	I	J	T	M	O	T	K	X
P	A	M	N	L	Z	S	G	Z	L	H	E	Q	U	X	E
F	K	R	I	C	R	O	P	S	J	A	R	R	R	T	I
R	Q	R	M	S	O	M	F	R	D	W	S	A	J	A	N
C	P	Y	D	S	E	A	R	T	H	D	A	Y	H	R	H
A	B	U	D	D	H	A	S	B	I	R	T	H	D	A	Y
T	S	E	E	D	R	S	H	O	W	E	R	M	A	Y	N



April
April Fool's Day
bloom
bud
Buddha's Birthday
cherry blossom
crops
daffodil
Earth Day

Easter
farmer
flower
grow
June
May
melt
Mother's Day
new leaves

plant
plow
seed
shower
sprout
thaw
tulip
wake up
warm