

Community Resources at Your Fingertips!

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
Psychiatric Case Manager (CMHA)	(705) 849 4115
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 (DAYTIME CRISIS)	(705) 848 2585
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)	(705) 578 2790
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

After Hours Crisis Support 1-800-721-0077

WARM LINE..... 1-866-856-9276



STEPPING STONES

APRIL 2023



EDITION 379

**CLUB 90 MEMBERS
EASTER DINNER AT CLUB 90
APRIL 4TH
AT 2:30 PM**



**HAPPY
EASTER**





St. Patrick's Day Celebration

What a wonderful turn out we had on March 17th. Music by Scott and Anna, with a special appearance from two of our members, CJ on guitar and Alice on spoons. The Irish Stew on top of mashed potato's were enjoyed by all. Couldn't have done it with out the help of Heather in the kitchen, and Shyan & Catherine with the decorations.




On March the 8th, we celebrated International Women's Day at Club 90. We had a display of Inspiring and motivational pictures for our members to draw, and muffins with purple buttercream icing.





Did you know That our bodies already create hormones to help use with our Mental Health? Here are 4 hormones that we create naturally in our bodies and their functions.

Practicing meditation → Spending time in nature




Serotonin

THE MOOD STABILIZER

HAPPINESS CHEMICALS & HOW TO ACTIVATE THEM

Getting sun exposure ← Exercising & being active

Laughing out loud → Volunteering & giving back




Endorphin

THE PAIN KILLER

HAPPINESS CHEMICALS & HOW TO ACTIVATE THEM

Watching a good movie ← Exercising & being active

Celebrating the small wins → Eating a good meal




Dopamine

THE REWARD CHEMICAL

HAPPINESS CHEMICALS & HOW TO ACTIVATE THEM

Completing a task ← Taking time for self-care

→ Physical affection



Oxytocin

THE LOVE HORMONE

HAPPINESS CHEMICALS & HOW TO ACTIVATE THEM

Giving a compliment ←

Model Built by J.R.B Gibbons

With over a thousand built between 1962 and 2006, the WILGA is one of the most produced civilian aircraft in Europe. Built in Poland by PZL, it was designed for Short Take Off and Landings (STOL) and has developed a favoritism for use as a Glider Tug for Gliders.

This particular model is of a Wilga Glider Tug in 1/72 scale





Wishing a Happy Birthday to:

Glen, Daniel, Steven, Patrick,
Christine, Shawn, Pim,
Dakota, Gord, Jennifer,
Donald, Aubrey, Jasmine,
Jesse, Roy, and Orlena.

Activities throughout March



Club 90 wants to thank Leonard Kutchaw for coming into Club 90 on March 1st, to discuss the benefits and services of our local Emergency Foodbank, and offered our members an opportunity to give back and volunteer at the Foodbank .



On March 8th, Staff and members of Club 90 attended a Webinar that was hosted virtually by CAMH about online Mental Health services. It was an information session about the benefits of their programs.



The North Channel Literacy Council came in on March 20th to help us better understand how our electric devices work, and how to stay safe while using them. We will have Mona & Diane return with another presentation and more information concerning our devices and social media.



EASTER EGG HUNT

Within this months Stepping Stones, we have hidden 10 Easter Eggs. Can you find them all? Look for this egg.



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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**




Club 90 Café Unit is looking for YOU if you are interested in the kitchen.

Do you have a favorite recipe that you want to share, request, or even cook for your friends at Club 90?

Please contact Tammy at supportmh@nscss.com or (705) 848-2879

Meal Cards
 5 Meals for \$10
 10 Meals for \$20
 20 Meals for \$40

Drink Cards
 10 Drinks for \$5
 20 Drinks \$10

Call Club 90 before 11 am on Tuesdays and Thursdays to find out what the Free Surprise Lunch will be for that day.

Supper's are still served Monday to Friday at 2:30pm and 3:30 pm

Please contact Tammy at supportmh@nscss.com or (705) 848-2879



Thank you to all our Chef of the Day!!

Wonderful Job to all our members for making such a great meal to share!!

Laurent, Denise, Heather, Alice, Alois, Tyrina, Chester and Victor

Are your taste buds in need of some excitement??



Maybe its time for you to contact Tammy to become your own personal chef at home!

Your weekly iChef meals come with all the ingredients for you to work your magic in the kitchen, along with instructions.

It's as easy as the step by step instructions that come with your meal...

1. Contact Tammy before 4pm on Thursday's to sign up.
2. Pick up your iChef meal from Club 90 between 2 pm and 4:30 pm on Friday.
3. You decide over the weekend, when is the best time for YOU to become a Chef.
4. Share your iChef journey with your friends and staff. Either at Club 90 or find us on Facebook at **NSCSS/Club 90** and post your iChef experience.



iChef



East Algoma Connects

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! The various petals offer you information on where to get food, go for education, health care and what helplines to access. Visit East Algoma Connects at www.eastalgomaconnects.com or download our app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:



City of / Ville d'
Elliot Lake
is proud to support
Stepping Stones and
the members of
Club 90

www.Elliotlake.ca

705-848-2287

 Find us on
Facebook

fb.com/cityelliotlake

Proud supporter of the Club 90 program

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Located at:
52 Ontario Ave. Elliot Lake, ON P5A 1Y1
705-848-2626

We are
here to help

Nous sommes
là pour vous aider



Michael Mantha MPP
Député Algoma-Manitoulin
705-461-9710



ELNOS Your Partner in Business

New Business? Looking to Expand Operations? Need support for a Community Event? Let ELNOS partner with you!

Who we are?

ELNOS is a not-for-profit organization created as a result of the mine closures in the early 90s to stimulate economic growth through new business development, business expansion or diversification, and investment in the region

ELNOS serves business in our 5 communities:

Blind River, Elliot Lake, Serpent River First Nations, Spanish and Township of the North Shore.

How Can We Help You?

ELNOS can provide business counselling and finance options to help you develop and grow your business. We understand the common problems experienced by growing businesses, but also the unique challenges faced in the region.

ELNOS can provide various loan and investment options for your business. We can also provide financial and administrative support for various community events.

For more information, visit our website at

www.elnos.com

31 Nova Scotia Walk, Suite 306
Elliot Lake, ON P5A 1Y9
705-848-0229/1-800-256-7299

Tips to Resolve a Conflict

If you're **Giving** feedback in a conflict, use **RISC**

R– **REPORT** the facts; stick to the facts (When x happened...)

I– State the **IMPACT** in the words (I felt ___ because...)

S– **SPECIFY** what you prefer to see happening (Now I prefer...)

C– State the negative and positive **CONSEQUENCES** (If we can solve this..., but if we can't...)

Conflict, use If you're **Receiving** feedback in a **PAUSE**

P– **PARAPHRASE** what the other person has said (If I understand correctly, you're saying...)

A– **ASK** questions that begin with what, how, and when

USE– **USE** time to cool down (Thank you for the feedback. I'd like to think about it, and I'll





Do you like Ketchup?

Club 90 is asking their members if they like ketchup. We are thinking about growing our own ingredients and making homemade ketchup for our members to enjoy when they come in for Lunch and/or Dinners. We need our members participation and green thumb to help make this happen. Call in and speak with your Mental Health Worker for more information.

(705) 848-2879



This disclaimer informs readers that the views, thoughts, and opinions expressed in Stepping Stones belong solely to the author, and not necessarily reflect Club 90's and/or North Shore Community Support Services, Inc. opinion.

Stepping Stones, 10 Paris Drive, Unit 6, Elliot Lake, ON, P5A 2L9 Tel:705-848-2879

ELLIOT LAKE EMERGENCY FOOD BANK

NEW Location: 29 Columbia Walk

OPEN

MONDAY-WEDNESDAY-FRIDAY

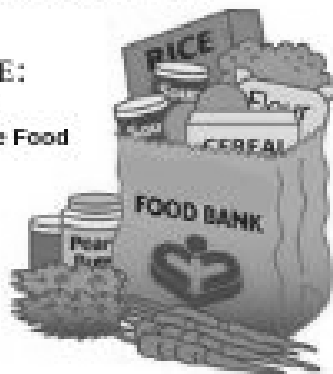
10 A.M. TO 12 P.M. & 1 P.M. TO 3 P.M.

WAYS TO DONATE:

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

705-467-3663

PHONE



May 1st to May 7th 2023

THEME: MY STORY

Collectively and individually, we have multiple layers and stories that make us who we are and while each year 1 in 5 Canadians experience a mental illness or mental health issue, 5 in 5 of us – that's all people – have mental health.

We all have different, yet equally valuable stories which can be used to share one key message: universal mental health care is important and needed now!

Come in, plan with us! Call Club 90 or come in and sign up for this years Mental Health Awareness Week! 705-848-2879. Participate on Thursday May 4th, in our BBQ Fundraiser, or volunteer with us at the Information Booth at the Collins Hall.

We are hoping to see the people of Elliot Lake enjoy the Mental Health Event at Collins Hall on May 4th, times to be announced. Proceeds from the BBQ are going to Club 90. A good way to find out what services are available In Elliot Lake.