

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
Beehive	(705) 461-3912
Camillus Centre	(705) 848 -7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848-2287
Christian Horizons	(705) 789-1725
Community Living Algoma (CLA)	(705) 848-2475
Counselling Centre of East Algoma	(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) 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	(705) 253-2001
Salvation Army	(705) 848-2417
Suicide Crisis Helpline	9-8-8
Supportive Independent Living	(705) 461-9561
After Hours Crisis Support1-800-721-0077
WARM LINE.....1-866-856-9276

Club 90

Stepping Stones

April 2024

Edition 391

Welcome Spring!

Protection from COVID-19 in Algoma

Effective March 11th, 2024, the NSHN COVID-19 Assessment Centre in Thessalon and Blind River are no longer accepting patients and will be closing permanently.

This webpage provides you with guidance to protect yourself and others.

APH has taken measures to be able to live with and manage COVID-19 for the long-term and is no longer following up with every case or contact in the general public.

APH continues to conduct surveillance and provide outbreak management support to highest risk settings in Algoma to protect those most vulnerable in our communities. See our [Local COVID-19 Data](#) to learn more about COVID-19 surveillance in Algoma.

Highest risk settings include hospitals, congregate living settings (e.g. long-term care homes, retirement homes, elder care lodges, group homes, shelters, hospices, correctional institutions, and hospital schools), and employee-provided living settings of International Agricultural Workers. If you live or work in a highest risk setting, you may receive follow-up by your employer, health and safety committee, or infection prevention and control team.

If you have questions related to COVID-19 testing and isolation guidelines, please call the Provincial Testing and Isolation Information line at [1-888-777-0730](tel:1-888-777-0730).

<https://www.algomapublichealth.com/disease-and-illness/infectious-diseases/covid-19/protection-from-covid-19-in-algoma/>

Wearing a mask is one way to protect yourself and others.

A mask acts as a barrier. Masks are one of the most effective individual public health measures that we can use to protect ourselves and others from COVID-19. When layered with other [preventative measures](#)—such as vaccination, hand washing, physical distancing, and staying home when ill—a well-constructed, well-fitting, and properly worn mask can help prevent you from getting COVID-19 and spreading COVID-19 to others.

A mask can protect others from potential COVID-19 droplets you may spread and prevents you from breathing in infectious respiratory droplets from others. We should all do our part to reduce transmission of COVID-19 within our communities and protect the most vulnerable and our health care system.

A CALL TO BE KIND UN APPEL À LA GENTILLESSE

Because compassion connects us all.

Parce que la compassion est humaine.

#CompassionConnects

#CultivonsLaCompassion

CMHA Mental Health Week
May 6-12, 2024

La Semaine de la santé mentale de l'ACSM
6 au 12 mai 2024



On May 8th, the Collins Hall in Elliot Lake will be hosting a Community Mental Health Fair.

Club 90 would like to invite you to see us there! The event will offer you information on Mental Health Resources available in our community.

Club 90 will be there to tell you all about us Who and What we are. PLUS cooking up a storm on the BBQ outside in front of the Collins Hall as a program fundraiser.

Times and more event details TBA



Wishing a Happy Birthday To:

Dan, Steven, Christine, Hubert,

Dakota, Gord, Jennifer, Aubrey,

Jessie, Roy and Orlena!

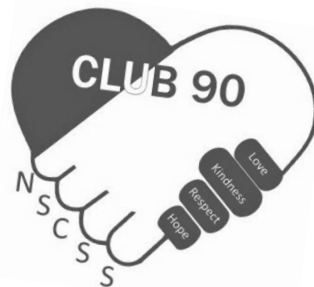


We are asking all members to please get in touch with a Mental Health Worker to update your files. We are asking for your current address, phone numbers, and emails.

Please call at 705-848-2879 or email mhsupport@nscss.com or even better, come in person and have a cup of java on us.

We are happy to connect with you by mail, email, phone and, of course, face-to-face!

STAY IN TOUCH!!



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

NOT SURE WHO TO CALL?



In order to help reduce the number of calls to the emergency line and to help citizens receive help as quickly and efficiently as possible the City of Elliot Lake and the local OPP have teamed up to create this resource with the contact numbers for different emergency services and resources.

City of Elliot Lake Contact Numbers

911 - In Emergencies ONLY

- **Police:** Non urgent reporting: 888-310-1122

Minor crimes that have no injuries, suspects, or evidence can be reported online at opp.ca/reporting.

- **Sudbury Rainbow Crime Stoppers.** Tip Hotline: 800-222-8477 www.sudburycrimestoppers.com

Tipsters can report information on criminal activity, will remain 100% anonymous, and could be eligible for a cash reward of up to \$2,000

- **Fire:** Emergency - 911

705-848-3232

- **Ambulance:** Emergency - 911

Non Emergency: 1-800-461-5100

- **City By-Law Office:** 705-848-2287 ext. 2119

Property standards, snow removal, animal complaints, etc.

- **Canadian Anti-Fraud Centre (CAFC):** 1-888-495-8501

- **Mental Health/Community Support: Counselling Centre of East Algoma:** 705-848-2585

AFTER HOURS Crisis Services Sault Area Hospital: 800-721-0077

- **Poison Control Centre:** 1-800-268-9017

- **Hydro One:** 1-800-434-1235

- **St. Joseph's General Hospital Elliot Lake:** 705-848-7181

For additional resources and information please use the City of Elliot Lake Services / Clubs Directory found on the City Website:

www.elliottlake.ca



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

www.Elliottlake.ca
 705-848-2287



fb.com/cityelliottlake

Proud supporter of the Club 90 program



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



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

East Algoma OPP welcome 'victim specialist' at Elliot Lake detachment

Julia Manuel was formerly director of the Waterloo Region Sexual Assault/Domestic Violence Treatment Centre.



The mission of the Ontario Provincial Police (OPP) Victim Specialist Program is to ensure victims involved with investigations by the OPP have access to the rights and assistance to which they are entitled under the law.

Responsibilities focus on serving victims in the traumatic aftermath of victimization by providing essential information on their role in the criminal justice/investigative process, including a victim's rights to information, case status information, resource information and identification of their needs.

By understanding needs surrounding communication/understanding, safety, and religious/cultural practices, the OPP can ensure proper resources and supports are available; this also ensures a victim-centred approach is established and observed throughout the investigative process.

If a victim/survivor indicates specific supports/accommodations are required, the VNA will trigger a referral to a Victim Specialist to provide further assistance throughout the investigative process.

For more information, please visit this sight:

<https://www.elliottlaketoday.com/opp-beat/east-algoma-opp-welcome-victim-specialist-at-elliott-lake-detachment-8315100>

The Canadian Dental Care Plan (CDCP) will help ease financial barriers to accessing oral health care for eligible Canadian residents with an annual adjusted family net income of less than \$90,000 who do not have access to dental insurance.



Eligibility criteria

To qualify for the CDCP, you must:

- not have access to dental insurance:
- Not having access to dental insurance is defined as:
- no dental insurance through your employer or a family member's employer benefits, including health and wellness accounts;
- no dental insurance through your pension (previous employer) or a family member's pension benefits; or
- no dental insurance purchased by yourself or by a family member or through a group plan from an insurance or benefits company.
- have an adjusted family net income of less than \$90,000
- be a Canadian resident for tax purposes
- have filed your tax return in the previous year

Application schedule by age group

Group	Applications open
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86	Starting January 2024
Seniors aged 72 to 76	Starting February 2024
Seniors aged 70 to 71	Starting March 2024
Seniors aged 65 to 69	Starting May 2024
Adults with a valid Disability Tax Credit certificate	Starting June 2024
Children under the age of 18	Starting June 2024
All remaining eligible Canadian residents	Starting 2025

For more information visit <https://www.canada.ca/en.html>

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



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



Michael Mantha

MPP, Algoma-Manitoulin

Working for
Northern Ontario

Travaille pour
le nord de
l'Ontario



michaelmantha.com | 1-800-831-1899

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 or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:

