

Community Supports

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
Consumer/Survivor Initiative Elliot Lake (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
HSN mental health Counselling and Treatment Service	(705) 848 -9131
Elliot Lake Emergency Food Bank	(705) 461-3663
Elliot Lake Family Health Team	(705) 461-8882
St. Joseph's General Hospital Elliot Lake	(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
Elliot Lake & North Shore Community Legal Clinic	(705) 461-3935
North Channel 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



Phone Number

STEPPING STONES

**403rd Edition**

How many Easter eggs can you
find contest? see pg 5



Community Clean up see pg 2



EARTH DAY

Club 90 will be giving back to our community on Earth Day. All are welcome to help with the **neighborhood clean up on April 22nd from 10am to 12pm** at 10 Paris Drive, Elliot Lake



WE CARE NEIGHBORHOOD CLEAN UP



OUR COMMUNITY LET'S MAKE A DIFFERENCE!



Come Join Us For Easter Dinner!

Thursday, April 17th 2025

2 Seatings @ 1pm and 3pm

Menu

Cooked Ham

Mashed Potatoes

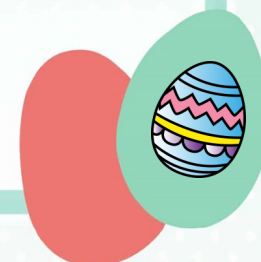
Seasonal Veggies

Desserts

Please call or come in to sign up

705-848-2879

HAPPY EASTER!



World Autism Acceptance Month 2025

TRANSITION
ABILITIES

∞
CELEBRATING
DIFFERENCES



Join us on Tuesday April 2nd
@12pm for a lunch and
learn on Autism. We have a
special guest who will edu-
cate us on living with a child
with autism.



Come to Club 90
on the 15th to
celebrate !!

**Douglas, Devin, Paul,
Laurent, David, Mike,
Reiht, Jason, Sharon,
Josh, CJ, Melanie, Yuri**

DID YOU KNOW ??

Did you know you could attend **AA/NA** meetings from the comfort of your own home? You could join **virtual meetings Online & by Phone.**

To join a virtual meeting enter one of the following links into to your search bar and follow the directions.

If you require any assistance or don't have a device of your own, members can come to Club 90 for assistance.

<https://aa-intergroup.org/meetings/>
<https://www.orscna.org/meetings>

Morning Glory Villa

ACCOMMODATIONS IN ELLIOT LAKE



TEXT OR CALL
705-849-5291
EMAIL
morninggloryvilla35@gmail.com

Can be Viewed
on VRBO.com



Save the Date

May 5- 11 | Mental Health Week 2025

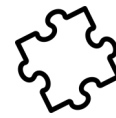


Stay tuned and check back the
week of May 5-11th as Club 90

UNMASK MENTAL HEALTH.

Survivor breakfast, presentations,
Coffee Social , activities and

FREE BBQ



Puzzle Time



Meet Austin, his special talent is
you can pass him a puzzle piece
and he places it down, in the
right spot within seconds.

Austin can finish a 1000 piece
puzzle in 1 day!!

Puzzles brings people together at
the club, while listening to music,
chit chatting and working togeth-
er to solve them together.

Fun times and we are going to
host a **puzzle tournament** in pairs
on **Friday April 25th, 2025.**



It's All About The Baby Steps

April is Limb Loss Awareness. In Canada, it is estimated that 227,000 people are challenged with facing an amputation of some kind, compared to an estimated 2.1 Million people living with limb loss in the United States.

Rates of Amputation within our borders range from 7 per 100,000 in easily accessible major urban centers, and 49 per 100,000 in very remote communities. These numbers reflect the overall awareness which translates into not only society's overall acceptance, but more important what we can do to prevent these amputations which are on the rise. To adequately answer this question, we must first investigate and understand the causes of limb loss. Limb loss can be caused by a variety of factors such as trauma, vascular disease, diabetes, cancer, and in some cases congenital defects. When we look at trauma, we can associate accidents, crush injuries, and military injuries. Diseases such as peripheral arterial disease (P.A.D) which carries a life expectancy of 5 years after amputation, is slowly on the rise. Diabetes, which accounts for 7,720 lower limb amputations, is caused by high blood sugars can damage blood vessels and nerves, leading to foot ulcers that over time become infected requiring amputation. Cancerous tumors in the bone and muscles can also lead to amputations.

Losing a limb often results in physical, spiritual, and financial challenges that dictate the patients overall quality of life. For most, this leads to isolation that often triggers mental health issues in the form of depression and anxiety. For those who already struggle with these mental health issues before amputation, the struggle can be overwhelming. These barriers can be overcome with the right support in place. Support from family and friends can lead to a very positive outlook on the recovery and rehabilitation of the amputee. Another support that is virtually non-existent is the lack of Government funding. Warrants in conjunction with Ontario's Assistant Devices Program (ADP), play a crucial role in helping these individuals. Unless the amputee has very good insurance whether it is private or public, they will only have access to the bare minimum in the type of prostheses offered. The supplies needed for the prostheses can cost more than \$3,400/year. Running blades, otherwise known as 'kangaroo type blades' have become popular around the world is currently an out of pocket expense costing up to \$15,000 per side.

Overall, amputations are on the rise. Financial support from Government programs must be improved to the numbers that keep increasing. Through awareness and education, these limitations and restrictions can become a thing of the past. Like the new amputee who focusses on taking small steps forward, any improvement in Government incentives, no matter how small is a step in the right direction. -Mark Brunet-



How many Easter eggs can you find throughout the newsletter?

Call Heather 705-848-2879 with #

What is Club 90?

Club 90 is a Psychosocial Rehabilitation Program for adults with mental illness in Elliot Lake and the surrounding area. Through support and sharing, members and staff provide a place to belong, a warm place, where members can achieve new levels of esteem and confidence in an atmosphere of stability and challenge. Everyone has something to offer.



Club 90 offers

Club 90 provides a safe, non-judgmental and supportive environment where people can come socialize, participate in recreational activities and develop new skills, hobbies and friendships.

What to Expect



We support adults living with a mental illness who are seeking a community of understanding with like-minded people who may share the same experiences.

- * A sense of belonging as staff, volunteers and members greet you when you arrive.
- * Exploring your goals and creating ways to make them happen.
- * Participating in activities with peers.
- * Check-ins with staff to see how you are doing.
- * Learn skills to increase your independence such as budgeting, organization, cooking, time management, light maintenance.
- * Give your brain and body a workout with physical and mental exercises.
- * Indulge in daily activities, meals, friendships, fun and laughter.
- * Obtain skills in the clerical, maintenance and kitchen units.
- * Give back to your community through volunteer initiatives.
- Work on furthering education and career



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**The Elliot Lake Emergency Food Bank will be moving to
23 Timber Rd at the end March.**

Our last day at 29 Columbia Walk will be Friday 28th March.

**We will be closed on Monday the 31st of March and
reopen on Wednesday the 2nd of April at 23 Timber Rd.**

To those concerned about the current lack of a bus route to Timber Rd. – the city is currently finalizing their transit plans. In the meantime, if you cannot find someone to give you a drive, please call us for guidance

705-461-3663.

Our new email address will be: ElliotFoodBank@gmail.com



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



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

www.Elliotlake.ca
 705-848-2287



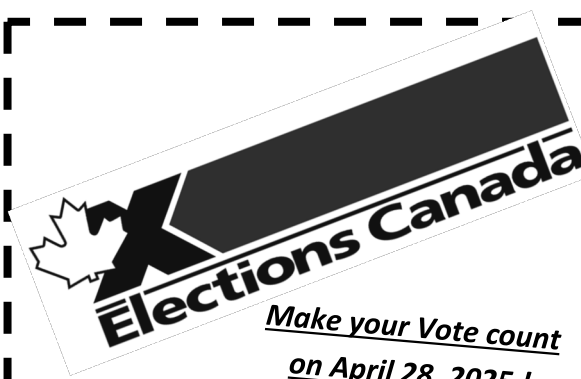
fb.com/cityelliotlake



April is the perfect time to start your home garden as the weather warms up and plants begin to thrive. Whether you have a backyard, balcony, or indoor space, here's how you can make the most of your gardening efforts this month.

Vegetables, flowers and Herbs to grow now

- Lettuce, spinach, carrots, radishes, and peas grow well in the mild spring weather.
- Start tomatoes, peppers, and cucumbers indoors if it's still cold
- Marigolds, petunias, and pansies add color to your garden.
- Perennials like lavender and daisies can be planted now.
- Basil, mint, chives, and parsley are great for indoor or outdoors.



***Make your Vote count
 on April 28, 2025 !***

Every Canadian citizen has the right to vote. It is how Canadians choose which leaders represent them. Voting is a responsibility that all Canadians should exercise. Your community

is shaped by the outcome of an Election. Voting connects citizens with the political process and with each other. When you take part in an election and express your view, you make democracy work.



Stress Awareness Month

8

Stress Survival guide

crazyheadcomics

BODY

- healthy sleep
- move your body
- get your nutrients
- deep breathing
- relax muscles
- take a lil nap
- listen to calming music
- take a bath

MIND

- talk about what's stressing you out
- keep a stress journal
- prioritize your time, write lists of what needs to be done, and when.
- break big tasks into smaller steps
- Set healthy habits and rituals
- ask for some help
- consider seeing a counselor if it's too much

SOUL

- engage in positive self talk
- practice saying "no" more
- take a hiatus from social media
- accept that stress is a normal part of life
- try mindfulness
- let yourself rest if you're close to a burnout - your mental health comes first



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



GRAND OPENING

BAKING WITH ERICA WEDNESDAY'S AT NOON!



Member Erica will be having baking classes and showing step by step procedures on how to make delish goodies which members can then make at home.

So if you want to learn to bake Club 90 is the place to be on Wednesday's at noon



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:

