

## Community numbers

Algoma Family Services.....	(705) 848 0709
.....Crisis:	(705) 759 3398
Algoma Public Health.....	(705) 848 2314
Alcoholics Anonymous (AA) .....	(705) 461 3150
ADSAB housing.....	...(705) 848 7153 ext 311
Beehive .....	(705) 461 3912
Camillus Centre .....	(705) 848 7182
Club 90 .....	(705) 848 2879
City of Elliot Lake.....	(705) 848 2287
Community Living Algoma (CLA).....	(705) 848 2475
Counselling Centre of East Algoma .....	(705) 848 2585/1 800 721 0077
East Algoma mental Health Clinic .....	(705) 848 9131
Elliot Lake Family Health Team .....	(705) 461 8882
Elliot Lake Food Bank .....	(705) 461 3663
Hospital .....	(705) 848 7181
Larry's Place (Men's Shelter) .....	(705) 461 9868
March of Dimes.....	(705) 848 4840
Maplegate House (Women's Shelter) .....	(705) 461 9799
.....Crisis:	(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 (SIL).....	(705) 461 9561
St. Vincent De Paul Thrift .....	(705) 461 1355

# Club 90

## *Stepping Stones*

### *August 2019*



*338th edition*

**We are  
here to help**

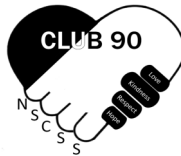
**Nous sommes  
là pour vous aider**



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

## **FUN STOP: Find the logo**

Look throughout this month's edition of Stepping Stones and try and find the NSCSS/CLUB 90 logo!



## **Solutions?!** We welcome your solutions and questions!

Anyone can have suggestions, let's 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](mailto:Supportmh@nscss.com)

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, fax: (705) 848-3752 or email: [mhsupport@nscss.com](mailto: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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**Ontario**

Local Health Integration  
Network  
Réseau local d'intégration  
des services de santé

# let's do lunch

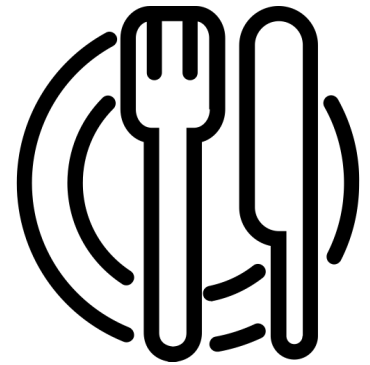
## **FREE MEMBERS LUNCH AT CLUB 90**

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!

## **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

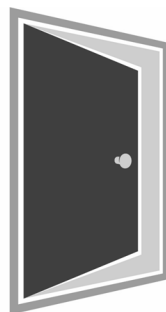


Sending out a big Happy birthday to all our friends born in August.

Judith, Bernard, Denise, Richard, Richard, Chery, Richard, Richard, David, Frank, Janice, Rosanna and Margaret.

**Come out and celebrate with a slice of cake on August 16!**

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**

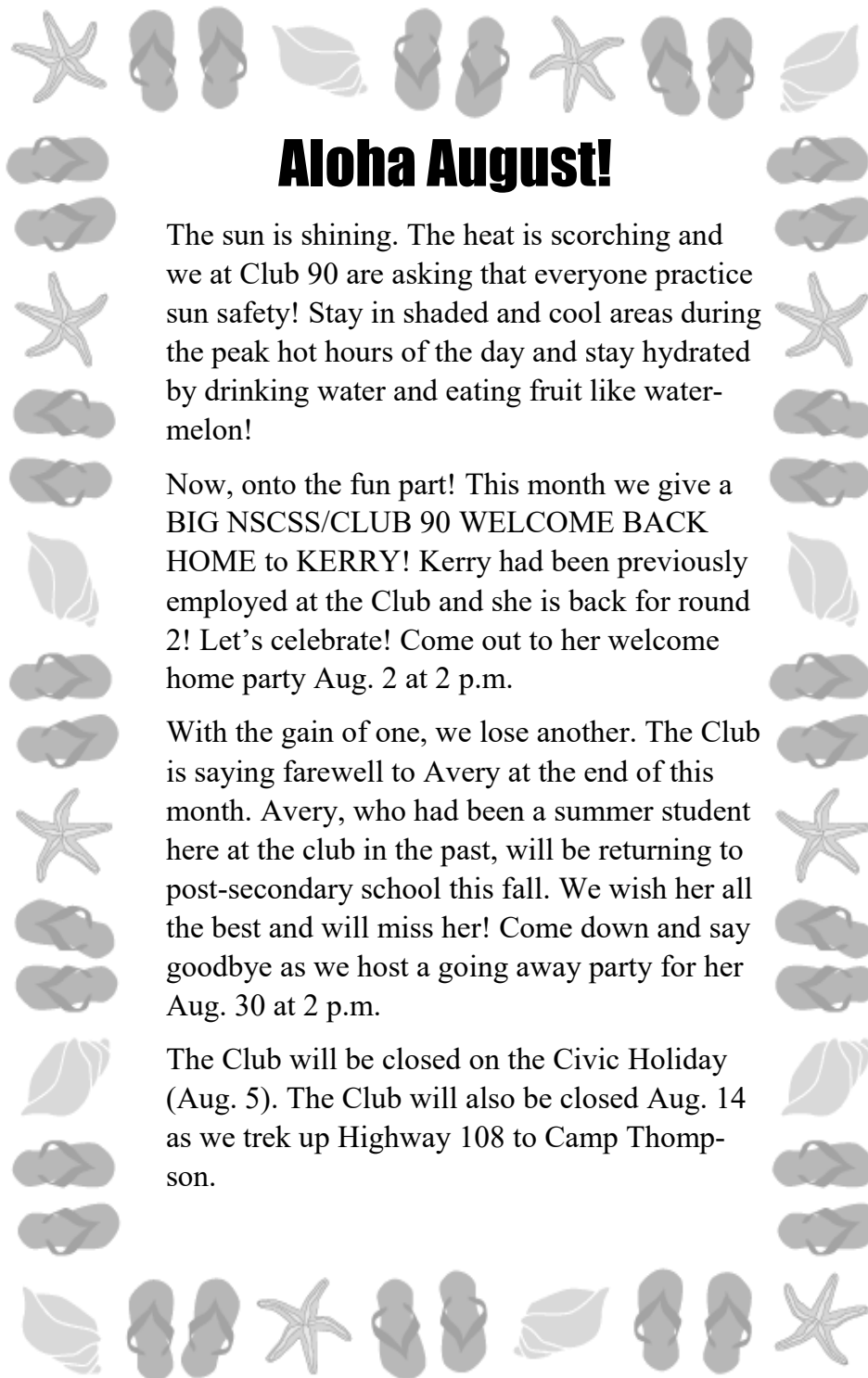
## Aloha August!

The sun is shining. The heat is scorching and we at Club 90 are asking that everyone practice sun safety! Stay in shaded and cool areas during the peak hot hours of the day and stay hydrated by drinking water and eating fruit like water-melon!

Now, onto the fun part! This month we give a BIG NSCSS/CLUB 90 WELCOME BACK HOME to KERRY! Kerry had been previously employed at the Club and she is back for round 2! Let's celebrate! Come out to her welcome home party Aug. 2 at 2 p.m.

With the gain of one, we lose another. The Club is saying farewell to Avery at the end of this month. Avery, who had been a summer student here at the club in the past, will be returning to post-secondary school this fall. We wish her all the best and will miss her! Come down and say goodbye as we host a going away party for her Aug. 30 at 2 p.m.

The Club will be closed on the Civic Holiday (Aug. 5). The Club will also be closed Aug. 14 as we trek up Highway 108 to Camp Thompson.





## Club 90 volunteers at Drag Races



Over the July 19 weekend, Club 90 headed out to the Elliot Lake Airport to volunteer at the yearly drag races. Staff, members and volunteers barbecued up a storm, serving hot dogs, hamburgers and sausages to the other amazing people who gave their time that weekend to put on a successful event!

A shout to Heather, who assisted a child who got separated from their parents! Way to go Heather!!

# SUN SAFETY

## SUMMER SKIN PROTECTION



WEAR  
BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE  
CLOTHING



AVOID SUN BETWEEN  
11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE  
WATER



REFLECTION  
CAUTION



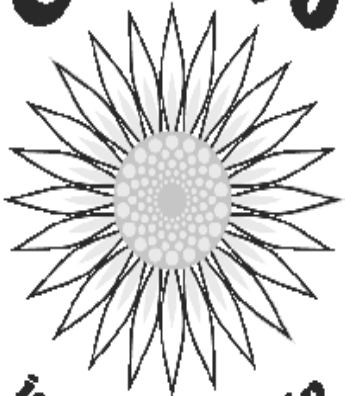
SEEK SHADE



AVOID DIRECT  
SUNLIGHT

# What is Club 90?

**Club 90**



**is for Friendship  
and Recovery**

Club 90 is a **Psychosocial Rehabilitation Program** for adults with chronic 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.

## MEMBERSHIP:

Membership is free to adults (16+) with chronic and severe mental illness who are experiencing emotional stress, or who are socially isolated.

Membership of Club 90 means that an individual has both shared ownership and responsibility for the success and growth of this organization.

## CLUB 90 SUMMER BUCKET LIST

Looking for something to do, and not sure what there is? Check out our bucket list for some fun ideas!

- ☐ Visit the new pier
- ☐ Take a selfie with the miner at the Miner's Monument
- ☐ Visit the ranger station at the Look Out Tower
- ☐ See a bear/fox/Herron
- ☐ Walk the Horne Lake waterfront
- ☐ Check out a baseball game at Burley Park or Parsons Parks
- ☐ Visit one of our amazing beaches and watch the sunset
- ☐ Rock out to live music (Larks in the Park, Atomic Music Fest)
- ☐ Give back to your community, volunteer!!
- ☐ Spot the beaver at Sheriffs Creek Sanctuary
- ☐ Support your local food trucks—grab a bite to eat
- ☐ Play a game (or two) of bingo
- ☐ Have a picnic at Westview Park
- ☐ Go swimming
- ☐ Grab a rod and cast a line out at one of the many docks
- ☐ Grab something cool at Mish Mash the Fun Shop
- ☐ Have a campfire
- ☐ Check out the Mut Run at the Ski Hill
- ☐ Go bowling
- ☐ Check out a local pow-wow

## 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.

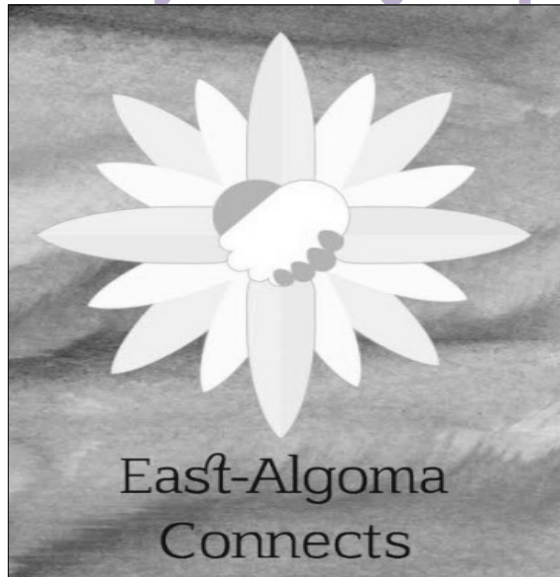


**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.



## 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 **helplines** to access. Visit East Algoma Connects at [www.eastalgomaconnects.com](http://www.eastalgomaconnects.com) or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



## Located 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

Keeping you cool  
 this summer  
 with soft serve  
 ice cream!!



## **PUBLIC NOTICE**

Affordable Access to Transit and Recreation (“Access Card”) renewals for 2019 are now being issued.

If your card expires **before**

**September 1, 2019**, please ensure that **all** adult members in the household have their Notice of Assessment and Photo ID.

Contact Samantha at 70-848-2287 ext 2120 to book an appointment or get more information.



## **Club 90 goes camping!**

**August 13 to 15**

Club 90 will be out on location on Aug. 14 as we head north to Camp Thompson! We will meet at the Club at 10 a.m. on August 14 and spend the day in the great outdoors!



# Club 90 word search

What does Club 90 offer? Complete the puzzle to know

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

- cafe
- nscss
- health
- skills
- social
- camping
- hobbies
- success
- clerical
- recovery
- wellness
- clubhouse
- volunteer
- boundaries
- friendship
- recreation
- information
- rehabilitation
- steppingstones

# Algoma Shelter Assistance Program<sup>12</sup> (ASAP)

**Are you homeless or at risk of being homeless because you can't afford to...**

- Catch up on your rent or utility bills?
- Repair or replace an essential item/system in your home?
- Make your home more accessible for a senior or disabled household member?
- Make small repairs to your home so it meets basic living standards?
- Come up with deposits or other items to secure a home?

**...We may be able to help you!**

## Examples of eligible expenses:

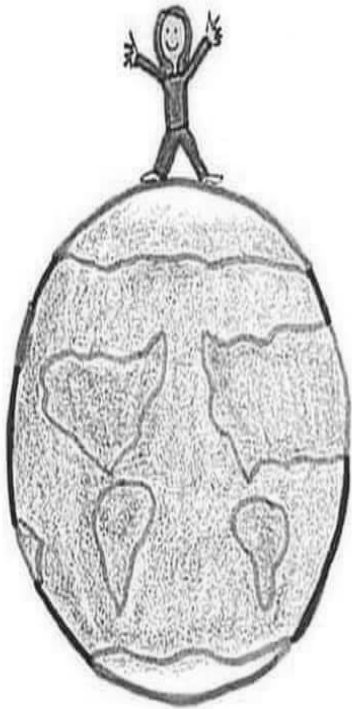
- Emergency shelter or transportation costs
- Energy/utility arrears (hydro, water, gas, oil, propane, firewood)
- Rent & Utility deposits/arrears to retain or maintain housing
- Treatment of pest infestation
- Decluttering or emergency cleaning costs
- Replacement of essential furnishing or appliances
- Repair/replacement of heating, plumbing or water systems
- Minor home repairs
- Accessibility items or repairs to your home

You DO NOT need to be in receipt of social assistance to qualify but you must be below a certain income level. Funds are limited (first come, first served) and needs must meet eligibility criteria. Call us for more information or pick up application from one of these locations or at [www.adsab.on.ca](http://www.adsab.on.ca)

<b>Elliot Lake ADSAB</b> <b>2 Elizabeth Walk</b> <b>Elliot Lake</b> <b>705-848-7153</b>	<b>Blind River ADSAB</b> <b>15 Hanes Ave- nue</b> <b>Blind River</b> <b>705-356-2263</b>	<b>Thessalon ADSAB</b> <b>1 Collver Rd</b> <b>Thessalon</b> <b>705-842-3370</b>	<b>Wawa ADSAB</b> <b>50 Broadway</b> <b>Wawa</b> <b>705-856-2303</b>
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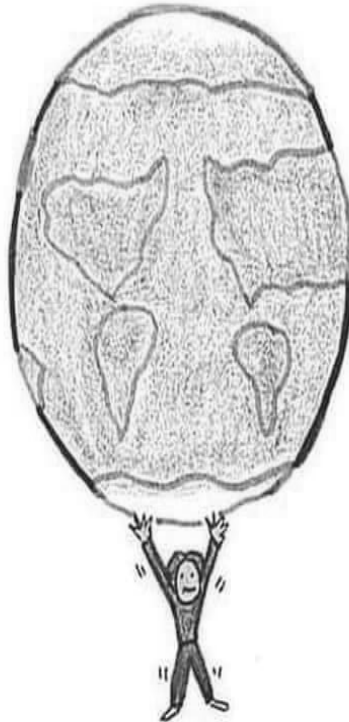


SOME DAYS

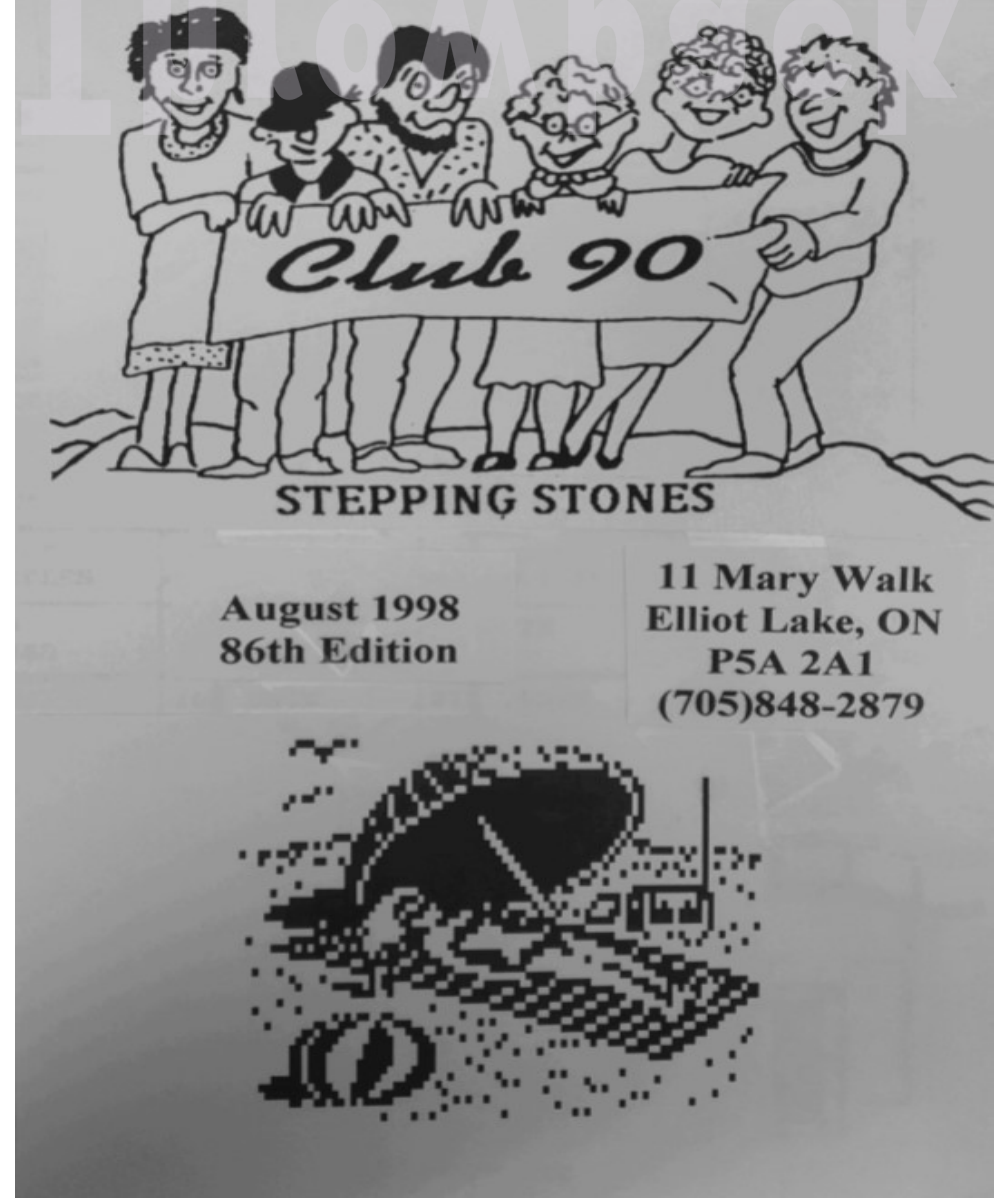


@DecadeZ0000les

OTHER DAYS



# Throwback<sup>8</sup>



Throw back to what the Stepping Stones cover looked like 21 years ago!  
Back then, everything was cut and taped to a page for copying!

“Traditional Pow-Wow”

**DATE: August 9-12**

**Theme:** Mnaajaa’aanaanig GdaZhimaagnishiinan “Honouring our Veterans”

**Location:** Serpent River First Nation (Cutler, ON)

**Directions:** Half way between Sudbury and Sault Ste. Marie on Hwy 17.

**Sunrise Ceremony:** Ray Jackson. Time will be announced at pow wow

**Grand Entry:** Friday 7pm – Social ; Saturday 12pm & 7pm; Sunday 12pm Feast: Sat 5pm Please bring feast bundles

**Host Drum:** Smokey Town Singers Co-Host Drum High Ridge Singers

**Emcee:** Bob Goulais

**Head Dancers:** Rob Spade & Celeste Pedri

**Arena Director:** Robert Stonepoint

**Head Veteran:** Phillip Moore

**No drugs or alcohol at any time. Please no Pets.**

**Vendors contact:** Lee Simpson Johnston (705) 844 - 2298 or culture.srfn@eastlink.ca



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31 Nova Scotia Walk, 3<sup>rd</sup> Floor, Elliot Lake, P5A 1Y9

phone: 705.848.0229 fax: 705.848.1539

Toll Free: 1-800-256-7299

website: [www.elnos.com](http://www.elnos.com)

# From our kitchen

## Asian Noodle Salad

### INGREDIENTS:

#### MAIN

8 oz pasta noodle

24 oz broccoli coleslaw

4 oz grated carrots

1/4 cup olive oil

1/4 cup rice vinegar

#### TOPPING

3/4 fresh cilantro

3/4 cup roasted unsalted peanuts

#### DRESSING

3 tbs honey

3 tbs peanut butter

2 tbs soy sauce



1 tbs ginger

2 tbs minced garlic

### INSTRUCTIONS

1. Bring a large pot of salted water to boil. Cook noodles until al dente, according to package directions. Drain and rinse briefly with cool water. Transfer into a large serving bowl, add coleslaw and carrots.
2. While the pasta cooks, whisk together olive oil, rice vinegar, honey, peanut butter, soy sauce, sriracha, ginger and garlic. Pour over noodle mixture and toss to combine.
3. Add roasted peanuts and cilantro. Serve chilled at room temperature.