

**Crisis: Daytime 705 848 2585.....Afterhours 1 800 721 0077**

Algoma Family Services.....	(705) 848 0709
Algoma Public Health.....	(705) 848 2314
Alcoholics Anonymous (AA) .....	(705) 461 3150
Al Anon Family Group.....	1-888-425-2666
ADSAB .....	(705) 848 7153
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
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) .....	1-705-989-5600
March of Dimes.....	(705) 848 4840
Maplegate House (Women's Shelter) .....	(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

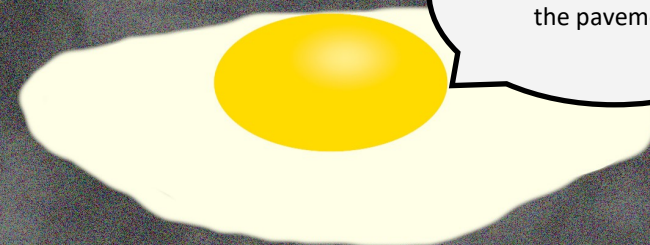
# Club 90



## *Stepping Stones*

*August 2020*

**Welcome back!**



It's so hot out there  
you could cook me on  
the pavement!



**We are  
here to help**

**Nous sommes  
là pour vous aider**

**Available by phone**



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

**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.qc.ca

**NDP**  **NPD**

**Do you miss your family and friends?**

Try some of these ways to connect with them when you are in a quarantine...

- Write a letter
- Send a picture
- Send a card
- Phone call
- Video Chat
- Facebook
- Facebook messenger
- Skype
- Meet them for a walk (but keep your distance)
- Facetime
- Text messages
- Computer gaming
- Use other chat internet apps



**Stay Connected:**

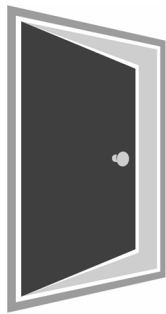
Check out the official North Shore Community Support Services/ Club 90 page to stay up-to-date on what's happening.

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



Judith, Bernard, Denise, Richard, Cheryl,  
Charles, Richard F., Richard H., Frank, Rosanna,  
Maggie, Dennis and John.

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**

## **Club 90 re-opens with some adjustments**

During the last week of July, Cooper, our summer student, has been busy making outreach calls to tell you some great news. But in case you missed the call, we are happy to say Club 90 will be opening their doors as a drop-in centre with our regular 9 a.m. to 5 p.m. hours. Again—stage 3 of covid-19 recovery.

**Health and Safety:**

That being said, we have taken proper safety measures set out by the province and Algoma Public Health Unit. This means: when you come into the clubhouse you wear a mask and be screened at the front desk prior to entering the clubhouse. We ask that members respect social distancing and when moving around the clubhouse you need to wear a mask, however when sit behind the plastic sneeze guard, you do not need to do so. Members also need to complete a handwashing and a mask wearing session. These appointments can be made with Laura.

Members are expected to clean and disinfect all surfaces they come in contact with (such as tables, coffee area and any recreation tools that are used). This is to ensure everyone's safety, keeping the spread of COVID-19 to a minimum.

**Changes to the café unit:**

Now let's get to the fun stuff! We will be resuming the café unit as of August 4th, with meals being \$2.50 except on BBQ days where meals will be \$3. Meal cards can still be purchased for the same prices prior to the COVID-19 shut down. Meals will now be served at 3:30 p.m. to ensure there is enough time for clean-up. You must call to sign up no later than 2 p.m. the day of.

# Club 90: APP of the month



*myPlan Canada*



## Empowering decisions for a safe path forward

“myPlan Canada” is a free app to help you with your safety and well-being if you have experienced abuse from current or past spouse, partner, boy/girlfriend. It’s private, secure, personalized, & backed by research.

You can download or use online at [www.myplanapp.ca](http://www.myplanapp.ca)

## ELLIOT LAKE EMERGENCY FOOD BANK

Location: 4 Charles Walk (Lower Plaza)

**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



## Free Printable Word Search Puzzles

### Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>



# Grounding Techniques to Quiet Distressing Thoughts

## Physical techniques

1. Put your hands in water
2. Pick up or touch items near you
3. Breathe deeply
4. Savor a food or drink
5. Take a short walk
6. Hold a piece of ice
7. Savor a scent
8. Move your body
9. Listen to your surroundings
10. Feel your body
11. Try the 5-4-3-2-1 method

## Mental techniques

12. Play a memory game
13. Think in categories
14. Use math and numbers
15. Recite something
16. Make yourself laugh
17. Use an anchoring phrase
18. Visualize a daily task you enjoy or don't mind doing
19. Describe a common task

20. Imagine yourself leaving the painful feelings behind

21. Describe what's around you

## Soothing techniques

22. Picture the voice or face of someone you love

23. Practice self-kindness

24. Sit with your pet

25. List favorites

26. Visualize your favorite place

27. Plan an activity

28. Touch something comforting

29. List positive things

30. Listen to music



## SOCIAL CONNECTION IN THE ERA OF PHYSICAL DISTANCE

By now, we all know we need to put physical distance between ourselves and others to slow the spread of COVID-19. But physical distance doesn't have to diminish social connectedness. In fact, to mitigate the psychological toll of social isolation, finding ways to connect is more important than ever.

With guidance from Dr. Keith Dobson, a clinical psychologist and professor at the University of Calgary, the Mental Health Commission of Canada has prepared the following tips to help combat the effects of social isolation during this unusual time.

### 1 Understand that it's normal to feel disconnected

If you feel out of touch right now, remember that others in your circle are likely feeling the same. Almost overnight, this new reality of physical distancing has forced us to rethink how we conduct our social lives. As social beings, adapting to the lack of face-to-face connection and physical contact will take time.

Don't be hard on yourself if the search for a new social routine has left you feeling adrift. Take comfort in the knowledge that there are things you can do to address the problem.

### 2 Prioritize technology that mimics face-to-face connection

We know that humans take about 80 per cent of their social cues from body language. The closer you can get to mimicking in-person interaction, the better your communication experience will be.

Video conferencing or FaceTime technology are the best substitutes for face-to-face contact, since they include a visual component. The phone is favourable to text messages or email because voice cues makes it easier to detect tone. Phone calls may also be the easiest for elderly relatives, who could be less tech-savvy. But don't forget texts and email! Any kind of communication is better than none.

### 3 Schedule time to connect and check in with family and friends

Don't rely on spontaneous calls to connect with friends and family. While unplanned communication works, scheduling your check-in times has particular advantages. Regular communication, for example, is important with people who are less likely to reach out during this period. These include elderly relatives and people living with anxiety, who often have a tendency to withdraw. Don't make scheduling a burden. Just plan to call that special relative every other morning or hold a large group chat with friends on a Friday night. By planning the times you reach out, you'll ensure your own need for social connection is met, and no one is left behind.



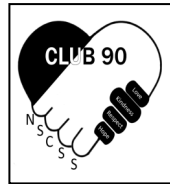
## Who we are:

**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.

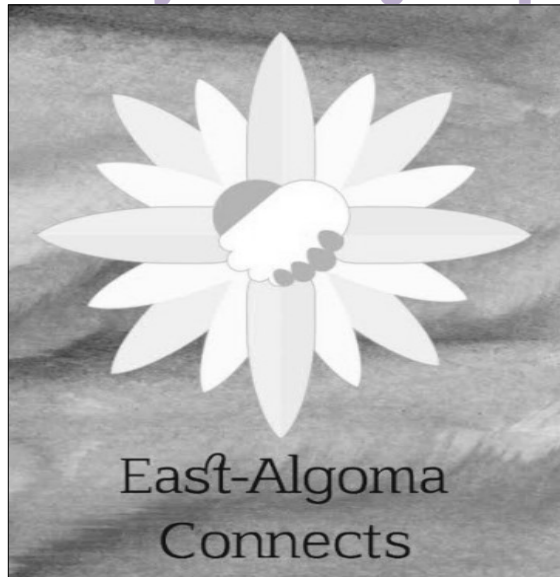


**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.



## 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](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.



Being  
Belonging  
Becoming



Être  
Appartenir  
S'épanouir

**Stressed? Anxious? Struggling due to COVID-19? You are not alone!**



**SUPPORT  
AVAILABLE  
BY PHONE**

**Monday to Friday**

**8:30 AM -  
4 PM**

**705-222-6472**

**7 days a week**

**6 PM -  
midnight**

**1-866-856-9276**

### **PROTECT OUR ANIMALS**

When an animal  
needs help, call:

**1-833-9-ANIMAL  
(264625)**

Don't stay  
silent.





# Clubhouse Cafe updates:

As of August 4th, we will be resuming our café unit with a few changes:

- Due to health and safety standards set out by Algoma Public Health and the province, Members are not permitted into the kitchen.
- Suppers will be served at 3:30 p.m. Monday to Friday
- **Members MUST call and sign up prior to meals. Cut off for lunch sign up is 11 a.m. and supper sign up is 2 p.m.**

## Club 90 Cafe Unit Prices

### MEALS AND LUNCHES

Daily suppers .....	<b>\$2.50</b>
Lunches .....	<b>FREE</b>
Dessert (no supper) .....	<b>\$1.00</b>
Consumer/Survivor meal.....	<b>FREE</b>

### DRINKS

Coffee .....	<b>.25\$</b>
Tea .....	<b>.25\$</b>
Pop .....	<b>.50\$</b>
Bottle Water .....	<b>.50\$</b>

\*We may not have pop/water\*

### MEAL CARDS

5 meals .....	<b>\$8</b>
10 meals .....	<b>\$15</b>
22 meals .....	<b>\$30</b>

Speak with a MHW to buy card

### COFFEE/POP CARDS

10 coffees.....	<b>\$2.50</b>
22 coffees .....	<b>\$6</b>

Speak with a MHW



## Meet our summer student: Cooper

WELCOME COOPER!

For those who have not met Cooper yet, he is our student for the remainder of the summer. Cooper will be front and centre screening members as they come into the club as well as participating in some of the fun activities we have planned for the upcoming month!



## COVID-19 alert

### Common questions

Can the coronavirus disease spread through food?

Scientists and food safety authorities around the world are closely monitoring the spread of COVID-19. There are currently no reported cases of COVID-19 being spread through food.

If we become aware of a potential food safety risk, we will take appropriate actions to protect the safety of Canada's food supply.

Jul 18, 2020

How to reduce the risk of getting coronavirus from frequently touched surfaces

Cleaning and disinfection of frequently touched surfaces kills the virus, making it no longer infectious.

Cleaning the home and co-living setting – Frequently touched areas such as toilets, bedside tables, light switches and door handles should be first cleaned (to physically remove dirt) and disinfected daily. In households with children, toys and objects that are frequently touched by children should also be cleaned and disinfected daily.

Apr 20, 2020

How long does the coronavirus disease live on surfaces?

It is not yet known how long the virus causing COVID-19 lives on surfaces, however, early evidence suggests it can live on objects and surfaces from a few hours to days.

Apr 20, 2020

Will wearing a mask prevent the spread of COVID-19?

Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing. Appropriate use of non-medical mask or face covering

When worn properly, a person wearing a non-medical mask or face covering can reduce the spread of his or her own infectious respiratory droplets.

5 days ago

Is bleach an effective cleaning agent for the coronavirus?

When approved hard surface disinfectants are not available, for household disinfection, a diluted bleach solution can be prepared in accordance with the instructions on the label, or in a ratio of 5 millilitres (mL) of bleach per 250 mL of water OR 20 mL of bleach per litre of water.

This ratio is based on bleach containing 5% sodium hypochlorite, to give a 0.1% (chlorine) bleach.

May 1, 2020

Can the coronavirus disease cause depression?

It is normal to feel sad, distressed, worried, confused, scared or angry when experiencing a situation such as COVID-19. However, signs of severe emotional distress, such as persistent insomnia, interpersonal problems, disabling fear, increased use of alcohol or drugs, indicate you should reach out for help.

Mar 20, 2020

***We are here to help support YOU through these difficult times!***

***Mental Health IS Health:*** Elliot Lake's Information and Referral program can point you to the services you need. Call 705-848-2109. When in Crisis, call the Counselling Centre at 705-848-2585. And/or Touch base with your Mental Health Worker at Club 90 @ 705-848-2879.

