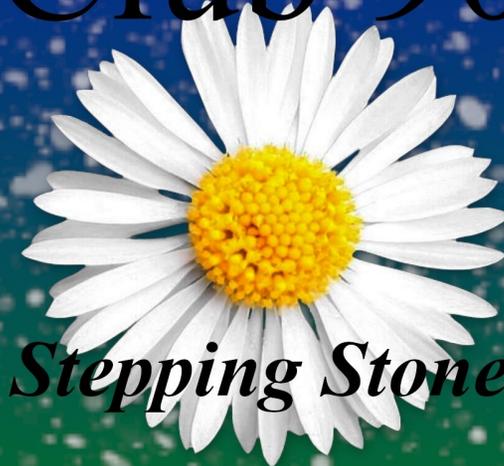


Community numbers

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
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)	(705) 461 9868
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

December 2019



**We are
here to help**

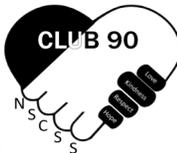
**Nous sommes
là pour vous aider**



**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, lets 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

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. 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

Supported by: / Financé par :



Ontario

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

let's do lunch

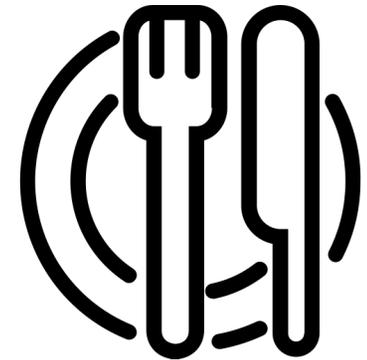
FREE MEMBERS LUNCH AT CLUB 90

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

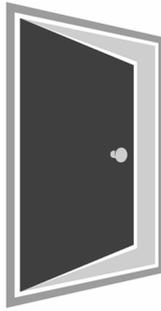
Please call in by 1:00 pm for
your dinner for \$2.00 reservation:
705-848-2879



Come out and Celebrate on Dec.20 for the birthdays of:

**Robert, Natalie, Brenda, James, Edwin, Elizabeth,
Sophie-Anne, Collette, Chester, Christopher and Roland**

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

Tis' the season to.....

We are not only in the last month of the year, but we are coming to the end of the decade. What are some of the adversities that you overcame in the past 10 years? To appreciate the good, we must also acknowledge the bad that came with it and the growth it gave us. What do you hope to occur in the next year? The next decade?

But, before we get too ahead of ourselves; let's chat what we have planned here at the clubhouse for December. Our big event this month is our Traditional Christmas Supper that will be held on Dec. 19. The club will be open from 10 a.m. to 6 p.m. and we encourage all those who wish to attend to sign up at the front desk.

This month we will also work on how to get through the holidays. We will incorporate arts and crafts into creating individual coping toolboxes to get us through our hurdles and learn some self soothing techniques.

Club Closed:

We will be closed on December 25 and 26 and January 1 for the Holidays. If you need to talk during the holidays call the WARM line at 1-866-856-9276

3 Club 90 learns about scams



With the various types of scams that are going around, we had Lisa and Cassandra from RBC bank come and give a presentation at this November Consumer/Survivor breakfast on how to protect selves from scams.

Some red flags to look for are:

- wire transfers that use Bitcoin, Western Union and Money gram.
- Spelling mistakes
- Personal information requests for transactions
- Unsolicited calls or messages on the phone or via social media
- **IF IT'S TOO GOOD TO BE TRUST, IT PROBABLY IS A SCAM**

Shifting the trauma narrative to RESILIENCE



FREE WEBINAR: Story Shifters: Co-creating New Stories about Trauma

Learn to assist those who have experienced childhood trauma to explore new alternative stories rooted in resilience — where alternate meanings and stories can be created that bring hope and forgiveness to the future.

Participants will learn:

- Why our current view of childhood trauma needs to be shifted from one of woundedness to one that is resilience-based.
- 9 resilience-based story shifters that can make a difference for someone who has experienced trauma.
- How clinicians can use story shifters in counselling sessions.
- The power of community members, helpers and mentors in shifting trauma stories, on an individual or collective basis.

Date & time: Dec. 3, 2019, 1:00 - 2:15 p.m. EST



For more information, call your Contact North | Contact Nord Online Learning Recruitment Officer,

at 1-855-671-6453
or e-mail midnorth@contactnorth.ca

Club 90 will be hosting the “Shifting the Trauma narrative to Resilience in the board room of the club. The Webinar is done through Contact North and begins at 1 p.m. We ask that everyone who is attending be in the boardroom by 12:55 p.m.



Get your degree, diploma or certificate or upgrade your skills online without leaving your community.

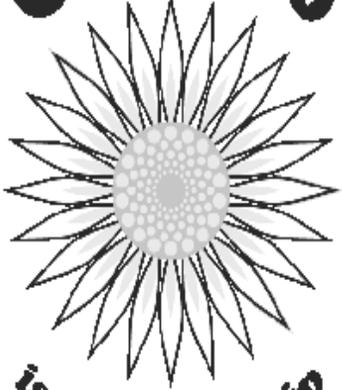
Student Information Hotline: 1-877-999-9149



studyonline.ca

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.

Eco-Mat @ Paris

Located in the Paris Plaza
at 10 Paris Drive

Free WIFI
available
to our customers

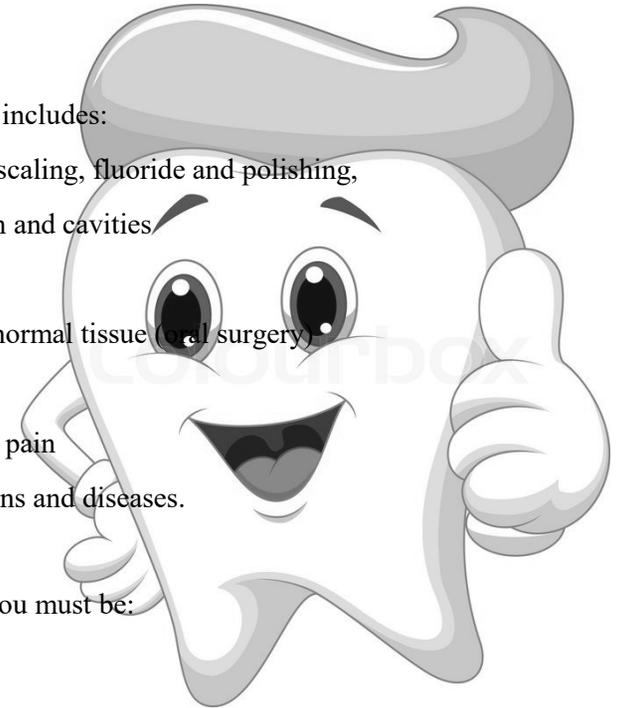
Offering wash & fold services, pay per use machines
and an onsite seamstress

Province launches dental program for low-income seniors 4

The Ontario government is fulfilling a campaign promise and has launched the new dental care for low-income seniors. The new program free, routine dental services for seniors 65 and older who make less than \$19,300 (single) or \$32,000 (couple).

Coverage from this program includes:

- Check-ups, including scaling, fluoride and polishing,
- Repairing broken teeth and cavities
- X-rays
- Removing teeth or abnormal tissue (oral surgery)
- Anesthesia
- Treating infection and pain
- Treating gum conditions and diseases.



To qualify for the program you must be:

- 65+ years old
- Live in Ontario
- Meet the above mentioned income requirements
- Have no other form of dental benefits—including private insurance or dental coverage under another government program (Ontario Works, Ontario Disability Support Program or non-Insured health benefits)

How to apply:

- Online at <https://seniors.accerta.ca/application/en>
- Or print off the application and mail it in.

If approved, applicants will receive a package in the mail with a dental card that will expire on July 31st, 2020.

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.

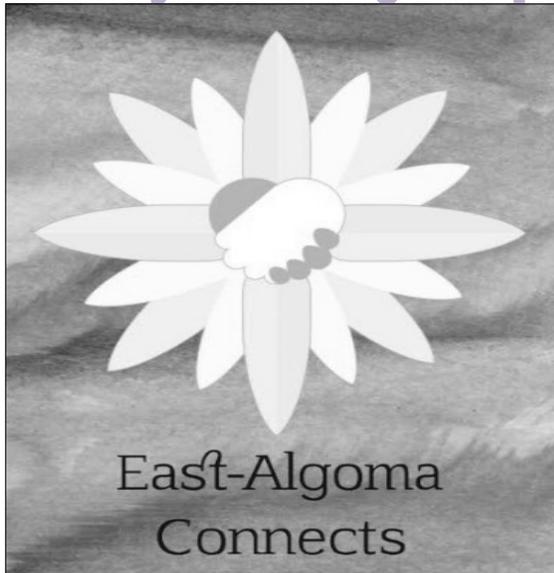


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



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



Anderson Family Restaurant

Open:

Monday: 7 am to 2 pm

Tuesday: 7 am to 7 p.m.

Wednesday: 7 am to 7 p.m.

Thursday: 7 am to 7 p.m.

Friday: 7 am to 7 p.m.

Saturday: 7 am to 6 p.m.

Sunday: 8 am to 2 p.m.

Home of the all day breakfast

Traditional Christmas Dinner

Meal on December 19th, 4:30 pm

Club is open from 10 to 6

*Sign up by December 17th
via the sheet on the front desk*



Helpers are needed for prep and setup,
if interested, speak with Jess or Kerry

MY YEAR IN REVIEW

THE CHALLENGES THAT MADE ME GROW THIS YEAR

WHAT I NEVER GAVE UP ON

WHAT SURPRISED ME THE MOST ABOUT THIS YEAR

WHAT I NEVER GAVE UP ON

WHAT I AM HOPING FOR IN 2020

WHAT I NEED TO DO IN 2020

WHAT I WANT TO OVERCOME IN 2020

Eight tips for mental wellness during the holidays

1. **Budget for those extra costs:** The holidays come with extra expenses we don't normally account every other month of the year. Remember to take into consideration buying presents, extra food, and travelling for no extra surprises.
2. **It's easy to overindulge:** During the winter our activity levels slow down and there are more opportunities for eating food and/or consuming alcohol. These can sometimes cause feelings of guilt and shame. Remember, you are human and to be kind to yourself. Set a goal to limit food/alcohol consumption or a goal to become more active.
3. **Setting boundaries with family and friends:** The holidays can causes stress and conflicts within family dynamics. If you worry that this could occur over the holidays set boundaries to keep yourself less stressed. Limit how long you stay or have people stay.
4. **You don't have to do everything:** From baking to Christmas shopping, hosting parties, visiting friends and family, it can become overwhelming. Remember you are not responsible for everything and other people are waiting for the opportunity to help, you just got to ask.
5. **Isolation and loneliness:** The holidays are harder on some more than others. If you find you tend to isolate during this time of year, look for ways to break out of that habit. Volunteer serving Christmas supper, join a club or take up a new hobby to keep yourself busy.
6. **Remembering who we lost:** Holidays can also bring back memories of family and friends that are no longer with us to celebrate. If this the case, reach out to family and friends who understand what you are experiencing for support during these days.
7. **We get a little more SAD this time of year:** Seasonal Affective Disorder (SAD) is a form of depression that relates to the seasonal changes. You may become more tired and notices changes in mood, sleep and appetite or that you lost interest in hobbies. When possible, try and get some sunshine when it peaks through the clouds or look into photo-therapy as an option.
8. **Reflecting on the year:** You made it! Through the good, the bad and the ugly, you are here.



OPP warn of new scams

The Serious Fraud Office (SFO) and the Ontario Provincial Police (OPP), in partnership with the Canadian Anti-Fraud Centre (CAFC), are advising the public of a recent scam that has been reported.

Fraudsters are using SIM swapping and phone number porting to gain access to your email, social media and financial accounts. From there, they gain direct access to your personal information, calendar, contacts and money.

Fraudsters may empty your bank accounts, apply for credit in your good name, or impersonate you to defraud your entire contact list. In the meantime, you lose access to your mobile service, are typically locked out of all your accounts, and are left scrambling.

Here's how the scam works:

Your SIM card connects your phone number and mobile service to your mobile device. You connect dozens of your accounts to your mobile device through the use of apps. Most of these logins are linked to your email address, phone number or both (if you set up two-factor authentication).

A fraudster will impersonate you to gain access to your mobile account and may claim that their phone has been lost or stolen. Your phone number will be linked to a new SIM and device that the fraudster controls.

The fraudster then downloads a series of the most popular and most attractive apps. They will select the 'Forgot Password' button on all apps. If an account is associated with your phone number or email address, the fraudster will receive a verification code. They will then use this code to confirm ownership of the account, create their own password and take over your accounts.

Tips to protect yourself:

- Keep your personal information personal. It is as simple as not publishing your date of birth on social media.
- Do not answer phishing emails or text messages looking for you to confirm your password or update your account information.
- Use an offline password manager.
- Contact your phone provider and ask about additional security measures that may be available.
- If you lose mobile service on your device, contact your service provider immediately. Go with your gut. If a message seems fishy it probably is.

If you think you, or someone you know has been a victim of fraud, please contact your local police service. For those who wish to remain anonymous, contact Crime Stoppers at 1-800-222-8477 or p3tips.com.

Club 90: APP of the month

DUOLINGO

Are you interested in learning another language? Perhaps you need to brush up on what you already know?

Duolingo is a free app/website that teaches users more than 30 different languages. The program adapts to the learning style of the user and is reward based to help people stay motivated. The programs are divided up into levels from basic to advance so you can jump in where you feel comfortable.

Club gets a bit of a makeover



Throughout the months of October and November, we had a member take the initiative to spruce up the clubhouse and make it more functional and organized.

Caroline spent many hours rearranging the furniture to create a welcoming and safe environment for those who attend Club 90. From our front desk area, to the TV/Game area and even the back storage room, Caroline took the lead and with the help of others has made various spaces for members to enjoy. Club 90 thanks Caroline, and all those who helped her, with this enormous tasks! The clubhouse looks amazing!

Club 90 Holiday Search Word



ADVENT
BAKING
CHRISTMAS
CLUBHOUSE
GINGERBREAD
GRATITUDE
HANUKKAH
HOLIDAYS
KWANZAA
LIGHTS
MOVIES
NSCSS
PEACE
SNOWSNOWFLAKE
SNOWMAN

THANKFUL
TURKEY
VOLUNTEER
WINTER
YULE



Club 90 looking for recipes for cook book



As you may know, Club 90 members, volunteers and staff are in the kitchen everyday cooking and baking. So we want to share some of our yummy recipes.

While we feature a “From Our Kitchen” section in our monthly newsletters, we are looking to add some spice into the mix and are putting a call-out for you to share some of your favourites recipes with us and create a Club 90 community cook book!

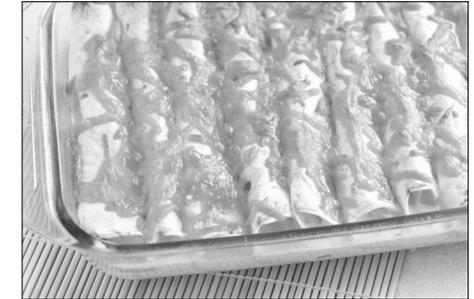
We are looking for meals that are budget friendly and easy to make. Send submissions to mhsupport@nscss.com

From our kitchen

Make ahead breakfast enchiladas

INGREDIENTS:

- 2 lb bacon(910 g), cooked and chopped
- 3 ½ cups shredded cheddar cheese (350 g), divided
- ½ cup green onion(75 g), diced
- 1 small onion, diced
- 2 teaspoons garlic powder
- 6 eggs
- 1 ½ cups milk(360 mL)
- 1 teaspoon salt
- ½ teaspoon pepper
- 8 medium flour tortillas
- fresh cilantro, to serve
- avocado, sliced, to serve



INSTRUCTIONS:

1. In a large bowl, combine bacon, 2 cups (200 grams) of cheese, onions, and garlic powder. Distribute half of the mixture to a small bowl.
2. Spoon a heaping spoonful of bacon mixture at the bottom of each tortilla.
3. Fold the ends of the tortilla over the mixture and continue to roll, tightly.
4. Place tortillas seam side down into a greased casserole dish.
5. In medium bowl, whisk together remaining bacon mixture, 6 eggs, milk, salt, and pepper.
6. Pour egg mixture over the top of the rolled tortillas.
7. Cover with foil, and store in fridge overnight, or until ready to bake.
8. Preheat oven to 350°F (180C).
9. Bake enchiladas for 35-40 minutes, or until eggs are fully cooked.
10. Remove the foil and top enchiladas with 1 ½ cups (150 grams) of shredded cheese.
11. Bake for an additional 5 minutes, or until cheese is melted.
12. Top with cilantro and avocado, if desired.
13. Serve warm with tomatoes and salsa, if desired.
14. Enjoy!



Consider us for:

- ◆ flexible commercial financing for business start-ups and expansions;
- ◆ micro-loan funding for the new entrepreneur or existing small business;
- ◆ business development assistance for business opportunity research and assessment; and,
- ◆ assistance in managing change and growth.

31 Nova Scotia Walk, 3rd Floor, Elliot Lake, P5A 1Y9

phone: 705.848.0229 fax: 705.848.1539

Toll Free: 1-800-256-7299

website: www.elnos.com