


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

Edition 389

FEBRUARY 2024

CLUB 90

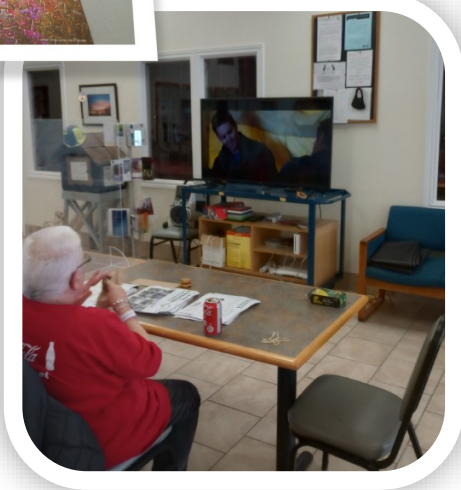


Stepping Stones
Stepping Stones



activity

Every month we try to do activities at Club 90. Last month we had members cooking, baking, watching movies, reading, utilizing the computers, puzzle building, and even maintenance.



Where: Club 90

When: February 14th

2 Seatings: 1pm and 3pm

Serving

Spaghetti

Dinner Roll

Caeser Salad

Assorted Desserts

Please call to sign up 705-848-2879

Trauma-informed therapy may be able to help you manage and heal from the effects of trauma.

Trauma therapy is a psychological intervention that aims to decrease the effects a traumatic event has had on your mental health.

From a broken heart to a car accident, many of us can recall events in our lives that caused us a great deal of pain. But when an experience causes our nervous system to boil over with stress, it can form a kind of psychological scarring. This is called trauma.

According to the American Psychological Association (APA), 1 in 2 people will experience a traumatic event in their lifetime.

Trauma does not discriminate. It can impact people of every race, ethnicity, sex, age, sexual orientation, gender identity, and background.

Even though the symptoms of trauma can feel overwhelming, it is possible to heal. Trauma therapy is an option to achieve this.



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>



What's New at Club 90 this month

Northern winters can be long and cold which can lead to mild to serious Mental Health problems like depression, increase in anxiety, and mood swings to name a few. The snow and the cold makes it difficult even for the abled bodies to go out and enjoy winter. Can you imagine if you were physically and/or mentally incapable to enjoying the outdoors?

This month the Mental Health Worker, Melanie, will be presenting 3 kinds of journaling styles to help those manage their Mental Health in a safe and affective way.

First, on **February 06**, We will start our healing journey by beginning a "Mental Health Journal." It's a tool to help you develop self-awareness and stress-resilience.

The second journal will begin on **February 20th**, we will be working on "The Worry Workbook." This will help you break down your feelings and/or thoughts about yourself. When we can properly identify our emotional and/or thoughts, we can then come up with the proper and healthier solutions to deal and cope on our own.

Lastly, on **February 27th**, we will be working on a "Mental Health Safety Plan. This is designed to remind you of the safest ways to manage the proper steps to take when you are emotionally overwhelmed.

This will begin on those days at 1:30 pm and booklets will be given to those who sign up. You can come to the club or call in to

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



H&R BLOCK®

"With almost 1,000 locations across the country, you don't have to travel far to find expert tax service. Our offices have been redesigned for safe filing with plexiglass dividers, hand sanitizer, social distancing, and mask requirements of staff and clients."



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





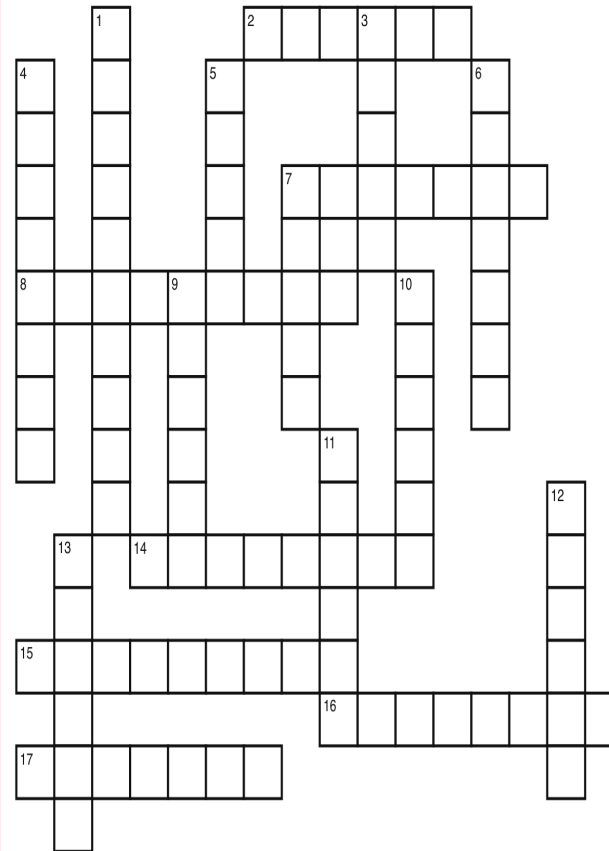
We are asking all members to please get in touch with the Mental Health Worker to up date your files. We are asking for your current address, phone numbers, and emails.

You can call at 705-848-2879 or email mhsupport@nscss.com

This is to ensure you receive the proper supports and re-courses needed.



WINTER CROSSWORD



ACROSS

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter ____ Games

DOWN

- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool

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



Wishing a Happy Birthday To:

Alice, Candice, Peter, Lawrence, Doug, Cathy, Ricky, Sarah.R, Trish,Roy, and David.

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.ac.ca

NDP  NPD

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

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.



East-Algoma
Connects

Available on:



Important Dates for February 2024

- **Feb 2nd Groundhog Day**
- **Feb 9th Ontario Trillium payment**
- **Feb 13th Wear a Red shirt Day (Cardiovascular Disease)**
- **Feb 14th Valentine's Day**
- **Feb 19th Family Day**
- **Feb 27th CPP Payment**
- **Feb 27th Old Age Security Payment**
- **Feb 28th Wear Pink Day (Anti Bullying Day)**

Find the hearts

Lets have a little fun. There are 10 hearts hidden in this edition of Stepping Stones. Can you find them all? There are 10 hidden within the pages. Good Luck :)



Origins of Valentine's Day: A Pagan Festival in February

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial—which probably occurred around A.D. 270—others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to "Christianize" the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification. They would then strip the goat's hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.

