



Community Contacts:



ALGOMA FAMILY SERVICE	705 848-0790
ALGOMA PUBLIC HEALTH UNIT BOB (4002) MARIE (4001)	705 848-2314
ALCOHOLICS ANONYMOUS	705 461-3150
ADSAB HOUSING	705-848-7153 EXT: 311
ASSAULTED WOMEN'S HELPLINE	1-866-863-0511
CAMILIUS CENTRE	705 848-2129
CLUB 90	FAX 848-3752 TEL 705 848-2879
COMMUNITY ALCOHOL/DRUG ASSESSMENT	705 848-2314
COMMUNITY LIVING ALGOMA	705 848-2475
CONSUMER SURVIVOR INITIATIVE (BEEHIVE)	705 461-3912
EAST ALGOMA MENTAL HEALTH CLINIC	705 848-9131
ELLIOT LAKE FAMILY HEALTH TEAM	705 461-8882
COUNSELLING CENTRE OF EAST ALGOMA	705 848-2585
ELLIOT LAKE FOOD BANK	705 461-3663
HOSPITAL	705 848-7181
LEGAL CLINIC	705 461-3935
MARCH OF DIMES	705 848 4840
MOBILE CRISIS RESPONSE	1-800-721-0077
NORTH CHANNEL LITERACY COUNCIL	705 848-1661
OAKS CENTRE (DETOX)	705 461-4505
ODSP (FAX 253-2090)	1-800-825-7593 EXT 0
ONTARIO WORKS (FAX 843-0482)	705 848-7153
SUPPORTIVE INDEPENDENT LIVING (SIL)	705 461-9561
WOODLAND MÉTIS ASSOCIATION	705 848-0276
WOMEN'S CRISIS CENTRE (MAPLEGATE)	705 461-9868
ST VINCENT DE PAUL THRIFT STORE	705 461-1355
NON EMERGENCY OPP NUMBER	1-888-310-1122
CITY OF ELLIOT LAKE	705 848-2287 (PRESS 0)
ST-JOSEPH HOSPITAL	705-848-7181

Club 90



Stepping Stones

January
2019

HAPPY NEW YEAR



Carol Hughes

MP/Députée
Algoma-Manitoulin-Kapuskasing

My office can help you with:

- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors - CPP, OAS, GIS
- Passports
- Canada Student Loans
- Service Canada & HRSDC

1-855-297-4200
1-705-848-8080
carol.hughes@parl.gc.ca

NDP  **NPD**



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Club 90 ... Friendship and Recovery



We are here to help!

Michael Mantha

MPP/député Algoma-Manitoulin

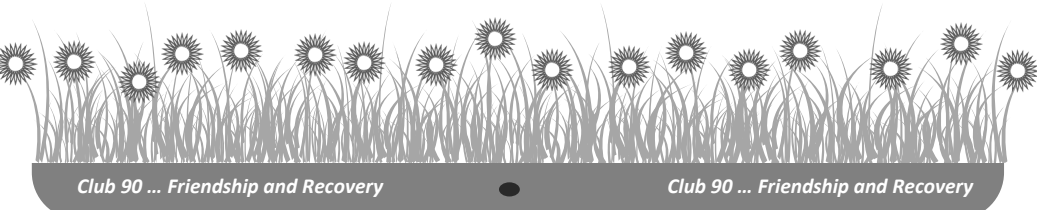
705-461-9710

January is ... Alzheimer Awareness Month

- Alzheimer's disease is the 6th leading cause of death.
- More than 5 million people are living with Alzheimer's disease.
- Over 15 million caregivers are providing 17.5 billion hours of care.
- The Alzheimer's Association has answered more than 250,000 calls to our free 24/7 help-line.
- The Alzheimer's Association has hosted 48,685 support group meetings.
- The Alzheimer's Association has awarded more than \$12.8M in research funding to 78 investigators from eight countries.

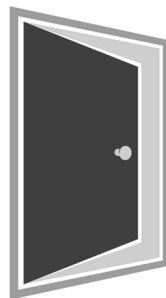


Elliot Lake office: Alzheimer Society Sault Ste Marie & Algoma
(705) 848-8145



Club 90 ... Friendship and Recovery

Counselling Centre
of East Algoma



Centre de counseling
d'Algoma Est

Providing professional counselling services in our Elliot Lake Office and Blind River Office.

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

Club 90 welcomes 2019

Goodbye 2018. Hello 2019.

The old saying "new year, new me" will be tossed around for the next few weeks. While there is nothing wrong with setting future goals, it is important to remember that Rome was not built in a day and good things do come with patience, hard work and dedication.



A Welcome to the New Year Dinner will be held on January 4 for members to enjoy free of charge. Come down to Club 90 to enjoy a home-cooked meal and socialize with friends.

Club 90 will be hosting a Consumer Survivors Breakfast on January 18. This month topic is "Addiction: Find Balance in Recreation." Public Educator with the Counselling Centre of East Algoma, Malin Johnson, will be on location to educate the public on what constitutes an addiction, the different types of addictions and healthy coping mechanisms. Everyone is welcome to attend.

Outings to the Elliot Lake Public Library and Nuclear Mining Museum are planned, so come on down and sign up. We are also looking for members feedback on what activities you would like to participate in this year.

We will be collecting outdoor winter hats/mitts/scarves to prepare for community distribution for those in need. You can drop off donations at Club 90.

Come down and participate in daily activities, socialize, have a cup of coffee or a hot meal. We look forward to spending the new year with you.

Stomachs full of turkey at annual Christmas Dinner

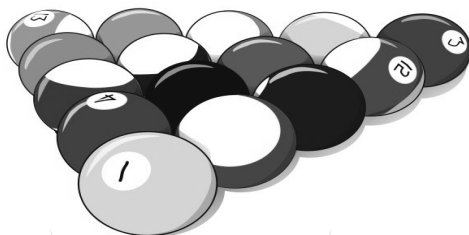


Club 90 was filled with Christmas spirit and food on December 20 at the Annual Christmas Supper which was enjoyed by more than 70 people. Staff and volunteers were hard at work to make a delicious home-made Turkey dinner to be enjoyed by members and family members. Providing entertainment for the festivity was Jewels of Harmony. Special guest appearances by the Ugly Christmas Sweaters were made.

Club 90 Pool Tournament Results

By: George

Both pool tournaments have been completed. The winner of the Elite Level Tournament was Zack and the winner of the Tier 2 Tournament was Carole.



From our kitchen



Beef & vegetable casserole

Ingredients:

- 2 celery sticks, thick sliced
- 1 onion, chopped
- 2 carrots, thick sliced
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef

Method:

1. Heat oven to 160C/140C fan/gas 3 and put the kettle on.
2. Put 2 thick sliced celery sticks, 1 chopped onion, 2 thick sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
4. Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer.
5. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30 mins – 1hr more until the meat is really tender and the sauce is thickened.

5 Ways to Keep Loneliness From Turning Into Depression

1. Work on increasing your social support. Given that this was a one-time, correlational study, it's not possible to know whether a lack of contact with other people was the cause or the effect of the maladaptive thoughts involving low self-worth and outright revulsion. Finding ways to alleviate loneliness by developing better social skills could help individuals overcome self-disgust.

2. Use mindfulness to reduce the tendency to ruminate over your shortcomings. In mindfulness training, people don't try to push away their depressive thoughts, but instead learn to accept them for what they are and not fall prey to excessive rumination.

3. Have a little self-compassion. You might not like the way you look, or even feel good about the things you do, but instead of becoming overwhelmed with disgust, recognize that no one is perfect and that you're allowed to have some flaws.

4. Try self-affirming messages. Along with gaining greater acceptance of yourself and your real or imagined flaws, turn your thoughts toward the features of yourself that you like. Give yourself a mental pat on the back when you find that you're not becoming overly self-critical and judging yourself with unrealistic standards.

5. Practice emotional suppression and reappraisal. The emotion-focused coping strategies that don't change the situation, but do change the way you feel about it are ideally suited for learning to manage the feelings you have about the qualities you have that you can't change. From your body type to the shape of your nose, whether you're accident-prone or forgetful, you can learn to draw your attention from away from ruminating about these supposed flaws and think about something else. You might even decide that some of your worst "flaws" actually make you quite lovable.



Building houses and creating sweaters at annual Tea



Members and volunteers of Club 90 participated in a growing tradition of creating their own ugly Christmas Sweaters and gingerbread houses during the annual Christmas Tea held on December 12.

With nine sweaters being made and entered into the competition, five festive creators got to show off their new sweaters as winners.

Winners:

- Overall ugly Christmas sweater winner: Sherry
- Funniest ugly Christmas sweater: Rolly
- Most original ugly Christmas sweater: Heather
- Beyond ugly Christmas sweater: Maggie
- Most creative ugly Christmas sweater: George.



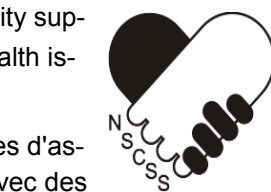
Who we are:

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 communautaire 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.



What do you think?

Can socializing be the next prescription?



Doctors are looking at new alternatives when it comes to prescribing medication for depression, anxiety and other mental health conditions; and helping them with the doses is the Royal Ontario Museum (ROM).

Expected to start this year, doctors will be prescribing 5,000 passes to the famous museum as a year-long initiative called the "Social Prescription." A similar program had started in the United Kingdom as a way for doctors to offer social activities rather than medication. Montreal's Museum and Fine Arts also started a similar

partnership with physicians in 2018.

The ROM had partnered with the Rexdale Community Health Centre this past summer, giving 50 passes to those who showed symptoms of anxiety, depression or social isolation. According to ROM CEO Josh Basseches, the program received positive feedback.

What do you think?

Do you think a program like this has the potential for being successful? Join the discussion on our Facebook page.

Getting ready for Christmas

Volunteers Lesley San Cartier (pictured), Lila and Rose created center pieces for the North Shore Community Support Services Inc. & Club 90 Christmas dinner.



Bell's "Let's Talk" raising money for Mental Health

It may not seem like it, but the topic of mental health was not a conversation many had, nor were open to admitting having. These days the stigma is slowly being washed away and society is recognizing that Mental Health is a key to overall health.



Ten years ago, Bell launched their "Let's Talk" initiative to break the silence on Mental Health and to raise money to provide funding for access, care and research. Since 2010, more than \$93 million have been donated.

Join the conversation on January 30. #BellLetsTalk

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 11:30 a.m. FOR EACH LUNCH TO ENSURE THERE IS ENOUGH. THANK YOU

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

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

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 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 :



Elliot Lake and North Shore Community Legal Clinic

The legal clinic provides free advice and representation in multiple areas involving the law.

They work around the following

- Tenant rights
- Ontario Works
- Ontario Disability Support Program
- Canadian Pension Plan
- Old Age Security
- Criminal Injuries Compensation
- Native Issues
- Pardons
- Small Claims Court Matters
- Will Preparation and Powers of Attorney.

If you are presented with an eviction notice, or are having problems with your landlord please contact the Legal Clinic and find out your rights! They will make sure you are being treated fairly and that you are given everything you are entitled to. Call (705) 461-3935.

Consumer Survivor Breakfast

This Month's topic is: Addictions: Finding Balance in Recreation.

Public Educator with the Counselling Centre of East Algoma, Malin Johnson, will be talking about addictions. Education on what quantifies an addiction, the types of addictions we can experience, as well as healthy coping techniques, avenues of support, and learning to retrain your brain. All are welcome.

Date: January 18, 2019

Location: Club 90



Time: 10 a.m.

Fee: Free

Yesterday, Today & Tomorrow

There are two days in every week about which we should not worry.
Two days which should be kept free from fear and apprehension.

One of these days is yesterday with its mistakes and cares,
Its faults and blunders, Its aches and pains.
Yesterday has passed forever beyond our control.
All the money in the world cannot bring back yesterday.
We cannot undo a single act we performed.
We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is tomorrow.
With its possible adversities, Its burdens,
Its large promise and poor performance.
Tomorrow is also beyond our immediate control.
Tomorrow's Sun will rise, either in splendor or
behind a mask of clouds, but it will rise.
Until it does, we have no stake in tomorrow, for it is yet unborn.
This just leaves only one day . . . Today.

Any person can fight the battles of just one day.
It is only when you and I add the burdens of those two awful
eternity's yesterday and tomorrow that we break down.

It is not the experience of today that drives people mad.
It is the remorse or bitterness
for something which happened yesterday
and the dread of what tomorrow may bring.
Let us therefore live but one day at a time.

~ Author Unknown ~

Annual Christmas dinner feeds 70+ people



Left: Members, staff and volunteers gather together to enjoy a home cooked Christmas Dinner on Dec. 20.

Above: Guests were entertained by the musical stylings of Jewels of Harmony during the Christmas Dinner.

Good Food Box

Get the nutrients you need while eating healthy with the Good Food Box. Order your box by January 9 to receive an assortment of fruits and vegetables. The box comes in two sizes. Small for \$10 and large for \$19.

Orders can be done online at www.goodfoodboxsudbury.ca or by calling (705) 848-1711. The Good Food Box can be picked up at 11 Mary Walk (Beside the Northern Lights Bowling Alley).

