

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

January

2020

**We are
here to help**

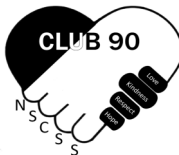
**Nous sommes
là pour vous aider**



**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

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

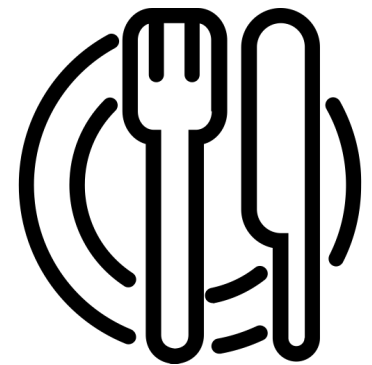
FREE MEMBERS LUNCH AT CLUB 90

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

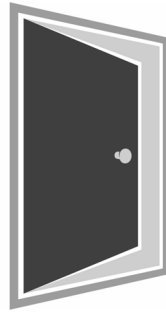
Please call in by 1:00 pm for
your dinner for \$2.00 reservation:
705-848-2879



Come celebrate on Jan. 24, 2020

**For the birthdays of: Margaret, Douglas, Devin, Paul,
Laurent, Patricia, Michael, Marc, Jennalea, Sharon and Josh**

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

Ring in a new decade with GRADITUDE

The start of every year is always held in high regard. People start planning on what they want to accomplish, changes they want to make (mostly diet and fitness), goals they will set and try to keep. But we are not just ringing in a new year. We are ringing in a new decade. So why not do something different? Rather than focus on the "what could be", the disappointments, or "not good enough" and instead focus on what we DO have at THIS present time.

As our Mental Health Worker Kerry said; **"Let's bring an attitude of gratitude."**

But what does this mean? Easy, it means being grateful and thankful for what we have and celebrating it in this very moment.

So this year, make a goal to not expect something, but rather to appreciate what we have instead!

Club News:

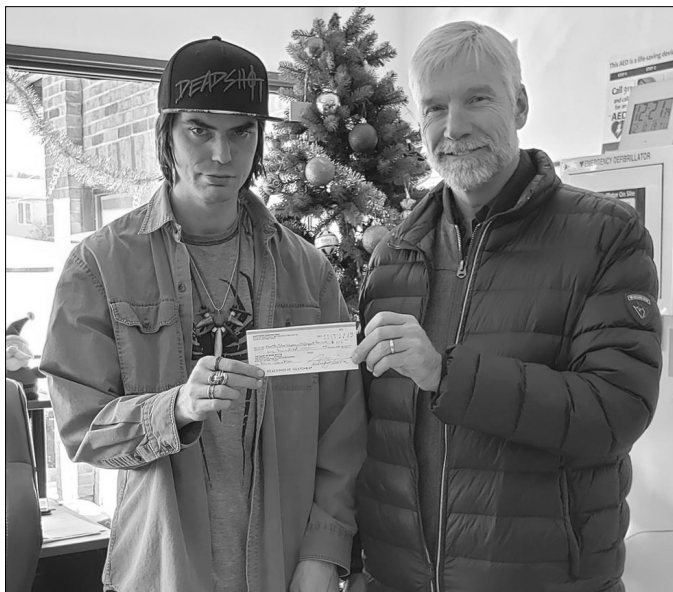
- The Alzheimer's Society will be speaking at our January 16th consumer/survivor breakfast.
- Check out our Calendars to know what is going on at the club this month!
- Starting February 1st, coffee and tea will cost 0.25 cents. You can purchase coffee cards from a worker.
- NSCSS/Club 90 wants to give a big THANK YOU to Tim Hortons for sponsoring our breakfast program here at the Club.
- Thank you to everyone that donated items for the Christmas Supper! It was much appreciated!

Club 90 hosts annual Christmas Supper



It was a full house on Dec. 19 as volunteers and staffed cooked up and served 87 plates filled with turkey and ham and all the traditional supper fixing. A big NSCSS/Club 90 **THANK YOU** to everyone who donated to the supper (Elliot Lake Foodland, Heather, Lesley, Sharon, Monique, Kelly, Laura, Rob and Helen. Apologies for anyone we may have missed!!) We could not have pulled off such a feast without your continued support!

Club 90 gets donation



On Dec. 12, we had a surprise visit from Blair Boilard from the Northern Chapter OIAA with a donation to our program.

We send an enormous thank you for the generous donation this holiday season!

It's time to adopt an attitude of gratitude

2019 was a year of many challenges for me. Those challenges have been not free of obstacles and hurdles, moments of sheer exhaustion and wanting to just give up. But here I am, looking forward to a new chapter of my life – one in which I have taken the steps to create. Some might call it fate, I do call it "being where I am supposed to be when I am supposed to be" (because otherwise, where would I be? Headscratcher, right?) So here I am – back close to my family and friends. That does not mean that I have not grieved what I have chosen to sacrifice to be here – but that I have chosen to walk through each day with an "attitude of gratitude"; how cliché of me, how social worky of me, I know.

Here's the thing. Adopting an attitude of recognizing the good things in your life – it is by no means a cure or an answer to anything. It is, however, a meaningful step forward in every day that we get to wake up to. And it is a choice I can make – a choice in my life that I can control when all else seems to be falling apart – I can choose to be thankful for even the smallest of things – and that one moment of gratitude – it may offset a horrible day, or it may only give me a moment of peace and clarity. I still choose that moment for myself. And the impact this can have, not only affects me but others around me. I have watched so many people this Christmas season, complain about so many things. So many things that soooooo many people in this world, even in our small community, are unable to access for whatever reason – and yet the privileges are still "not enough".

I challenge you – begin this new year, this new decade – to check yourself. Before you complain about something – is it really something you should be thankful for??? Is it something that is detrimental to your health or someone else's – physical, emotional, psychological? Are you really being deprived of something, or are your expectations that of the 21st century in that everything should be perfect, incredibly fast and exactly how you would do it? In that moment of clarity-I challenge you to change your attitude to one of thankfulness – even if it is for a slice of pizza that might be too doughy, or a gift that you found disappointing, or having to wait an extra two minutes in line for food at a fast-food establishment while someone is being trained. Think beyond yourself.

Change starts with each and every one of us – you'd be surprised how much more patient and peaceful you will feel once you begin acknowledging the needs you actually do have met daily. And that you have a choice – to be thankful, or not to be.

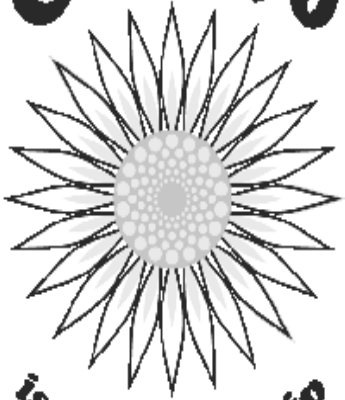
I choose gratitude. How about you?

Here's to 2020!

Kerry Hamilton, MHW

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:

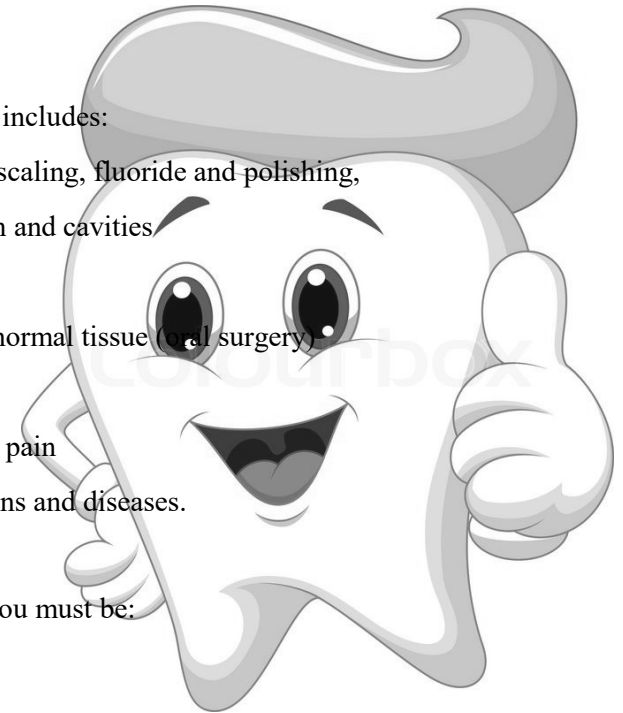
Membership is free to adults (16+) with chronic and severe mental illness who are experiencing emotional stress, or who are socially isolated. Membership of Club 90 means that an individual has both shared ownership and responsibility for the success and growth of this organization.

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.

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.

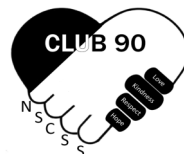
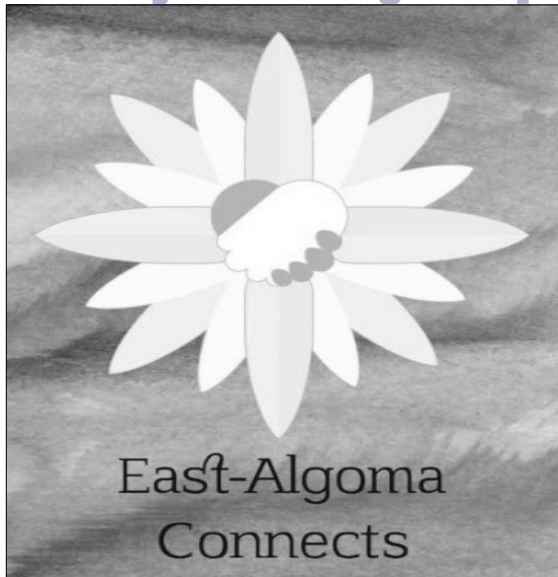


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



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 **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.



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

PROTECT OUR ANIMALS

When an animal needs help, call:

1-833-9-ANIMAL
(264625)

Don't stay silent.



Making coping skill toolboxes



Last month, some members participated in making their own coping skill toolboxes. These toolboxes are filled with individually selected items to help each person get through stressful moments whether it be dealing with depression, anxiety or even quitting smoking.

Each box came with instructions on what they can put into their boxes and had an array of things here at the club to select from such as bubbles, stress balls, candy,

journals and whatever else will help them cope. They are encouraged to continue to put items in that they use at home so everything is in one safe place.

Each box also contained a coping plan that helps members to identify when they are in distress, individual ways they can cope, social coping skills as well as people they can call for support.

<p>Let's make a Coping Skills Toolbox!</p>	<p>What is it? A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills, rather than using negative behaviors.</p>	<p>Self-Soothing (Comforting yourself through your five senses) 1. Something to touch (ex: stuffed animal, stress ball) 2. Something to hear (ex: music, meditation guides) 3. Something to see (ex: snowglobe, happy pictures) 4. Something to taste (ex: mints, tea, sour candy) 5. Something to smell (ex: lotion, candles, perfume)</p>
<p>Distraction (Taking your mind off the problem for a while) Examples: Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.</p>	<p>Opposite Action (Doing something the opposite of your impulse that's consistent with a more positive emotion) 1. Affirmations and Inspiration (ex: looking at or drawing motivational statements or images) 2. Something funny or cheering (ex: funny movies / TV / books)</p>	<p>Emotional Awareness (Tools for identifying and expressing your feelings) Examples: A list or chart of emotions, a journal, writing supplies, drawing / art supplies</p>
<p>Mindfulness (Tools for centering and grounding yourself in the present moment) Examples: Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.</p>	<p>Crisis Plan (Contact info of supports and resources, for when coping skills aren't enough.) Family / Friends Therapist Psychiatrist Hotline Crisis Team / ER 911</p>	<p>Put it all together! Once you've gathered all of your items, put them together in a box or other container, decorate it to your heart's content, and put it in a place where you'll remember it. Then USE IT!</p>

Club members got artsy for the holiday

Throughout the holiday season, members got crafty creating an array of decorations.

A super big Club 90 THANK YOU to the volunteers who came in to help bring some fun to our environment!



Club 90 gets donation from local company

On December 12, we got a surprise visit from Blair Boilard from the Northern Chapter OIAA.

We send an enormous Club 90 thank you for the generous donation this holiday season!

*Thank
you!*



Recognizing healthy and unhealthy coping mechanisms

Each day we are faced with multiple interactions, scenarios and thoughts that make us uncomfortable, stressed, upset etc. When these moments occur we practice coping skills, but sometimes a situation arises that we are unsure how to deal with.

So what is coping? Coping means to invest your conscious effort to solve personal and interpersonal problems in order to try to master, minimize or tolerate stress and conflict. These skills are important because they dictate how a person will handle a stressful experience. The use of coping skills can help improve one's mental and emotional well-being.

Healthy coping skills:

- 1) Support: Talking about what is causing you stress with a supportive person can help you manage the stress and talk through what you are feeling.
- 2) Relaxation: Deep breathing, meditation, sitting in nature are a few ways that can help you cope.
- 3) Humor: While there is a right place/time for jokes, humor can prevent a situation from becoming overwhelming.
- 4) Physical activity: What is good for the body is good for the mind. Take a walk with a friend (or while listening to some music), dance, play sports. Anything that gets you moving.

Unhealthy coping skills:

- 1) Escaping: Isolating yourself from friends and family and spending more time reading,. Watching TV or online.
- 2) Unhealthy self-soothing: This includes over-eating, binge drinking, drug use, spending too much time online.
- 3) Numbing: The person will look for activities that will drown out their distress, this can overlap with unhealthy self-soothing/escaping.
- 4) Self-harm: People may engage in self-harming behaviour to cope with stress or trauma.

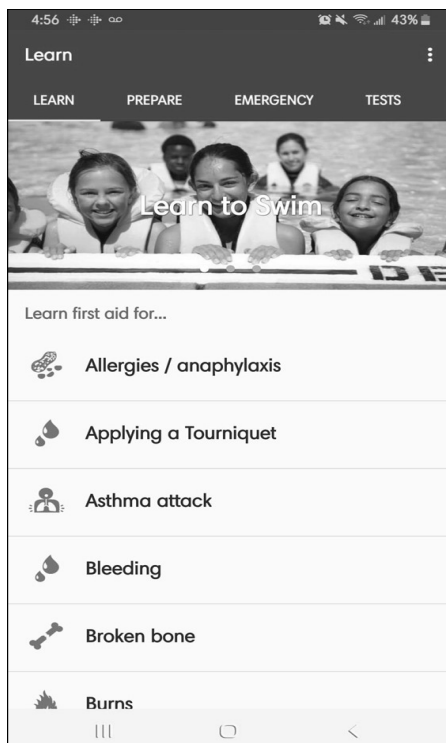
Club 90: APP of the month

First Aid

In case you face an emergency, the First Aid app for Android and iOS is instant information at your fingers. Want to stop a bleed? There's an app for that! Burnt yourself cooking? There's an app for that! Think you may be suffering from heat stroke? There's an app!

Not only is "First Aid" good for physical injuries, it also gives information on mental health, stings and bites, Ebola, panic attacks and more. There is also a section to prepare for emergencies such as an earthquake, fire, flooding, and power outages. It even has your furry friends covered with a pet preparedness section.

Think you know what you know? You can even test your knowledge with quizzes!



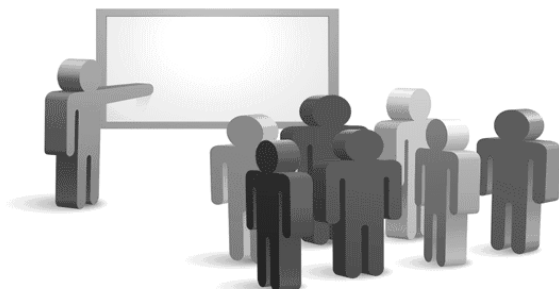
Consumer/ Survivor Breakfast

DATE: January 16, 2020

TIME: 10 a.m.

TOPIC: Alzheimer's Society

COST: Free



WINTER WORD SEARCH

FIND THE WORDS!



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

BOOTS
COLD
FREEZING
HAT
SCARF
SLEDDING
SNOWFLAKE

CHRISTMAS
DECEMBER
FROST
ICE
SHOVEL
SNOWANGEL
SNOWMAN

COAT
FEBRUARY
GLOVES
JANUARY
SKIING
SNOWBALLS
WINTER

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



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

From our kitchen

Green Bean Casserole

INGREDIENTS:

- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup **or** Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
- 1/2 cup milk
- 1 teaspoon soy sauce
- 1 dash black pepper
- 4 cups cooked cut green beans
- 1 1/3 cups French's® French Fried Onions



INSTRUCTIONS:

Step 1

Stir the soup, milk, soy sauce, black pepper, beans and 2/3 cup onions in a 1 1/2-quart casserole.

Step 2

Bake at 350°F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions.

Step 3

Bake for 5 minutes or until the onions are golden brown.