

## Community Resources in your hands

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
APH Community Mental Health Program	(705) 848 2314 ext 4002
Alcoholics Anonymous (AA)	(705) 461 3150
Al Anon Family Group	1-888-425-2666
Algoma District Services Administration Board	(705) 848 7153
Camillus Centre	(705) 848 7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848 2287
Community Care Access Centre (CCAC)	(705) 461-9329
Community Living Algoma (CLA)	(705) 848 2475
Counselling Centre of East Algoma (CCEA)	(705) 848 2585 (DAYTIME CRISIS)
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)	1-705-989-5600
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 and Ontario Works	(705) 848 7153
Salvation Army	(705) 848 2417
Supportive Independent Living	(705) 461 9561
After Hours Crisis Support	1-800-721-0077
WARM LINE	1-866-856-9276

# CLUB 90 STEPPING STONES

January 2021

.HAPPY.

New Year

# Reminder:

It is mandatory that masks/face coverings are worn at all times while at the clubhouse. This also includes when you are sitting at a table\*.

(\*Can be removed for eating only)



We wear our mask to protect you.  
You wear your mask to protect us

Douglas, Devin, Paul, Laurent, Patricia, David, Mike,  
Reiht, Jennalea, Sharon, Josh, CJ, Melissa



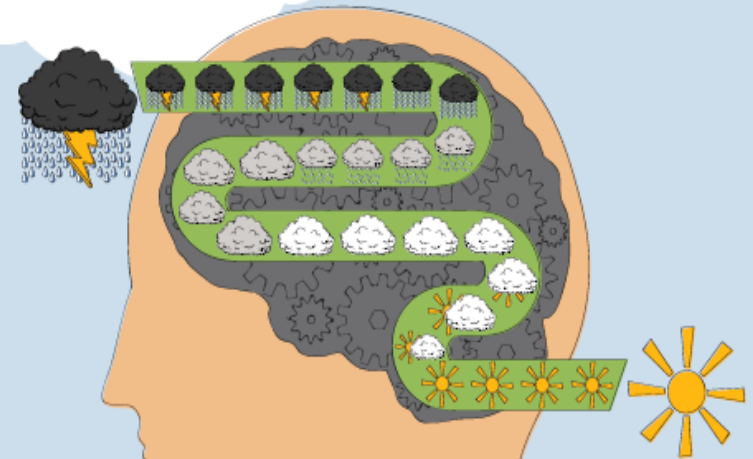
Stepping Stones created, published and delivered by members and staff of Club 90

## 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/>

If you can't **CHANGE** it,

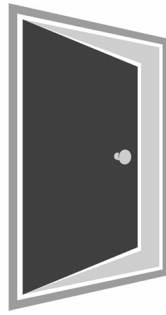


change the way you  
**THINK** about it

ACTION FOR HAPPINESS

Find ways to bounce back  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

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**

## **The positives that came out of living through a pandemic**

As we rush to get out of the chaotic year that was 2020, let's pause and appreciate the positive that came out of it.

Now, you may be wondering "What positives came out of a year that was nine months of a pandemic, had two government lockdowns and spent months in isolation?"

That's the trick of looking for positives. It's pushing past the obvious negative reactions, thoughts and memories and seeing what good or what lessons we learned in those experiences.

For example; here at the clubhouse we were able to provide a dozen cellphones to members, due to a very generous donation by Telus, so staff could keep in touch while we were closed. This also allowed those members to be in contact with their support systems. NSCSS/ Club 90 also secured funding to assist our members financially by providing monthly gift cards.

Community wise, we saw members come together to sew protective gowns for our health care workers and masks at little or no cost for the public. The city of Elliot Lake waived transit fees and set up an age friendly delivery service for those at risk of potentially getting sick.

We learned to communicate, to become resilient and break out of our comfort zones (as terrifying as it was to do). We began to appreciate the small things we took for granted, like the sound of a friend's voice or a hug from a loved one.

And, most importantly, we learned about ourselves. We learned that we can set and keep boundaries—even if it was asking people to respect personal space. We learned we can adapt and cope to difficult situations and we continue to do so everyday.

So rather than focusing on the bad of last year (and the start of the new year) let's start looking for the good in others, in our community and in ourselves.



Happify

Overcome negative thoughts, stress, and life's challenges!

How you feel matters! Whether you're feeling sad, anxious, or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts.

Our proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy for decades.



## 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

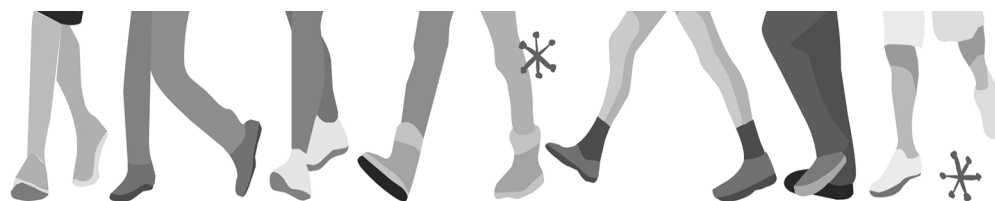
PHONE



## Christmas Supper at Club 90



With COVID-19 restrictions still in place, we modified how we celebrate our annual Christmas supper. This year, we had four servings, spanned over two days, which fed 40 people. Thank you to everyone who volunteered to help prepare supper and set up for the meals! We couldn't do it without you!



## \* INDOOR \* WALKING PROGRAM

COME WALK WITH US AT THE COLLINS HALL  
CENTRE MONDAY TO THURSDAY FROM 8-9 AM,  
9-10 AM, OR 10-11 AM.

RESERVE YOUR 1 HOUR INTERVALS—LIMIT OF 15  
WALKERS PER SESSION!

PER VISIT - \$2.00 \*  
PER MONTH - \$22.00

COME PREPARED WITH MASK AND INDOOR SHOES.

PLEASE NOTE: DATES AND TIMES MAY CHANGE.

WANT TO WALK 4-6 PM?  
LET US KNOW! \*

☎ (705) 848-2287 EXT. 2406

✉ WELCOME@ELLIOTLAKE.CA

📍 120 HILLSIDE DR. N, P5A 1X4, ELLIOT LAKE, ON

  
Elliot Lake

# 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.gc.ca

**NDP**  **NPD**

**We are  
here to help**

**Nous sommes  
là pour vous aider**

**Available by phone**

**Michael Mantha MPP**  
**Député Algoma-Manitoulin**

705-461-9710

## Healthy Emotion-Focused Coping Skills

Whether you're feeling lonely, nervous, sad, or angry, emotion-focused coping skills can help you deal with your feelings in a healthy way. Healthy coping strategies may soothe you, temporarily distract you, or help you tolerate your distress

Other times, coping skills may help you change your mood. If you've had a bad day at work, playing with your kids or watching a funny movie might cheer you up. Or, if you're angry about something someone said, a healthy coping strategy might help you calm down before you say something you might regret. Here are some examples of healthy emotion-focused coping skills:

- Clean the house (or a closet, drawer, or area)
- Colour
- Cook a meal
- Do yoga
- Draw
- Drink tea
- Garden
- Give yourself a pep talk
- Go for a walk
- Engage in a hobby
- Exercise
- Listen to music
- List the things you feel grateful for
- Look at landscape photos that help you feel relaxed
- Look at pictures to remind you of the people, places, and things that bring joy
- Meditate
- Picture your "happy place"
- Play a game with your kids
- Play with a pet
- Practice breathing exercises
- Pray
- Put on lotion that smells good
- Read a book
- Reframe the way you are thinking about the problem
- Squeeze a stress ball
- Smile
- Spend time in nature
- Take a bath
- Take care of your body in a way that makes you feel good (paint your nails, do your hair, put on a face mask)
- Think of something funny
- Use a relaxation app
- Use aromatherapy
- Use progressive muscle relaxation
- Write in a journal

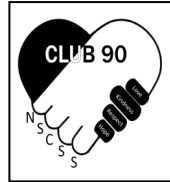
## Who we are:

**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.

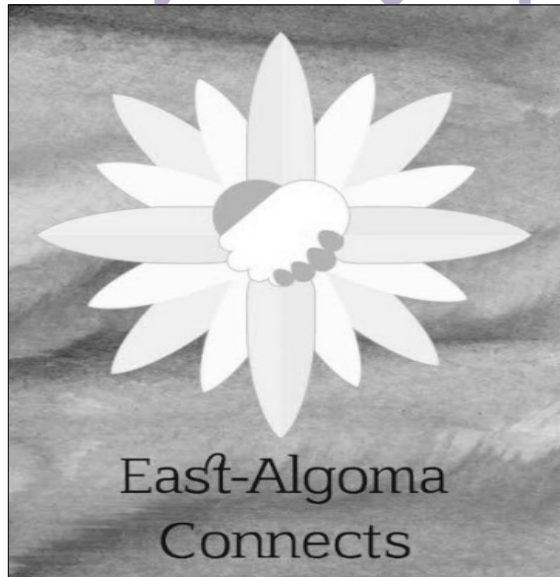


**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.



## 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.



## WINTER WORD SEARCH



CHILLY  
FREEZING  
ICICLE  
SCARF  
SNOWBALL  
SNOWMAN  
COLD  
ICESKATING

COAT  
FROSTY  
JACKET  
SKI  
SNOWFLAKE  
WINTER  
MITTENS  
SLEDDING

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

Join us January 28, 2021



Bell  
Let's Talk



Hey Jimmy!  
#LetsTalk



Hi Susan.  
What do you want to talk about?



Did you know, two out of three people  
who have a mental health diagnosis suffer  
in silence, fearing judgement and  
rejection?



I did not!  
What can I do to support people ?



Being open to a conversation is the first  
step towards eliminating the stigma! You  
can learn more at Club 90 on January 28! I  
hear they will have coffee and snacks too!



Awesome! I will see you there!

# The adventure begins January

DUNGEONS AND DRAGONS @ CLUB 90

## *Campaign: Krenko's Way*

Level 1 to Level 2 party  
with a level 1 start

"Krenko's Way" is a short adventure for a party  
of 4 to 6 first level adventurers who might  
advance to second level by the adventure's  
conclusion. It is set in the Tenth District of  
Ravnica and serves as an introductory  
adventure to the setting.

Hosted by Dungeon Master Aubrey.

Join the party on January 19!

# Recipe of the month: Beating the January blues

## Beef & Tater Bake

### INGREDIENTS

- 4 cups frozen Tater Tots
- 1 pound ground beef
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 can (10-3/4 ounces) condensed cream of broccoli soup, undiluted
- 1/3 cup 2% milk
- 1 package (16 ounces) frozen chopped broccoli, thawed
- 1 onion
- 1 cup shredded Colby-Monterey Jack cheese, divided
- 1 medium tomato, chopped



### Directions

- Preheat oven to 400°. Spread Tater Tots evenly in an ungreased 13x9-in. baking dish. Bake, uncovered, 10 minutes.
- Meanwhile, in a large skillet, cook and crumble beef over medium heat until no longer pink, 5-7 minutes; drain. Stir in seasonings, soup, milk, broccoli, 3/4 cup onions, 1/2 cup cheese and tomato; heat through. Pour over potatoes.
- Bake, covered, 20 minutes. Sprinkle with the remaining onions and cheese. Bake, uncovered, until cheese is melted, 5-10 minutes.

1. Go outside and enjoy some fresh air: Exposure to daylight is good for us, and we often become depressed in darker months due to our limited sunlight exposure. Our brains love to be in sunlight, and it helps to regulate our sleep cycles properly.
2. So at lunch, make sure you get yourself outside and get as much daylight as you can while it lasts! It's good for you (and will certainly make you more productive)!
3. Avoid unrealistic New Years Resolutions: No one likes to be a failure – so you should definitely make sure your New Year's resolutions are actually achievable! Don't say that you're going to make £1,000,000 next year when you probably won't. Don't say that you're going to lose 7 stone next year if you realistically cannot. Unrealistic resolutions set you up to fail, and make you feel even worse when you cannot fulfil them. Making resolutions to better yourself is a good thing, but make sure they're things you can stick to (this will avoid any disappointment due to slower-than-expected progress – or giving up in January).
4. Try something new: Comfort zones are dangerous things, as they cause us to stagnate and cease development. So why not welcome in the New Year with some new hobbies or activities? Push the boat out, per se, and see what you like. You might surprise yourself!
5. Self-reflect: The weird post-Christmas period of nothingness that feels like an eternal Sunday is as good a time as any to practice some self-reflection. That is, after all, why people make resolutions.
6. If you're feeling down in January, it may be worth evaluating what could make you happier in your life, as these issues are often brought to the forefront when you're feeling low. Are concerned about money? Your health? Your career? Consider ways to better yourself this coming year. It's like a resolution in a way, but it's more in-depth and abstract than "join a gym" and whatnot.



## Top Tips for Coping with SAD and Depression

**Know that you're not alone:** SAD affects 2 million people in the UK and more than 12 million across Northern Europe. Don't brush off your low mood as "just the winter blues" and understand that SAD is a very real and very treatable thing. It really is okay not to be okay and with the right techniques and treatments you can improve your mood and learn to cope with SAD and depression.

**Eat yourself happier:** Some foods can help increase your energy to help keep you going during the winter. Having a diet rich in foods such as protein, simple carbs and vitamins B12 and D, can help you combat the symptoms of SAD. Yes, that's right, you now have another reason to eat some tasty carbs. Depression-fighting pasta and potatoes! But let's not forget your fruit and veg. Some may experience a lack of appetite during the winter months, and so can suffer from low energy. Ensuring you eat regular and balanced meals, can keep your energy topped up ready for you to take on the day.

**Work it out:** Our physical and mental health are closely linked. So, keeping your body fit can help combat mental health issues, including SAD. You don't need to become a gym junkie. A simple one hour walk a day, can be effective in lifting your mood. Wrap up warm and enjoy a stroll in the fresh air, perhaps with friends or family.

**Light it up:** Some people find that light therapy can be effective for SAD. Light boxes are designed to simulate sunlight and trigger a release of serotonin in the brain. Used regularly, for around 2 hours a day, the benefits of light therapy accumulate overtime. There is mixed evidence regarding the effectiveness of light therapies, so if you are interested, perhaps talk to your GP first. Although not available on the NHS, you can find SADA (Seasonal Affective Disorder Association) approved light boxes online.

**Spend time with those who make you happy:** They say laughter is the best medicine. So, spend time with people who make you laugh and make you happy. Socialising with those you care about can be a great way to lift your mood and keep you going. With Christmas almost upon us, use these festive occasions to meet up with friends and family.

**Get all the natural light you can:** The sun might not be out for as long as we would like and as SAD is often linked to reduced exposure to natural sunlight, it is important to get as much as you can. Sit by a window during the day, or hit two birds with one stone and take your walk when it's light outside. Even if it's cloudy, you will still get the benefit from natural day light.

**Good thinking:** Be aware of your thoughts. The way we feel is can be seen to be linked to how we think about the situation we are in. Are all your thoughts negative? Challenge your thinking! What evidence do you have for this thought? If I look at this situation differently, does it change how I feel? Challenging your thoughts is a great technique commonly used in Cognitive Behavioural Therapy.

# We had the holiday spirit



Above: Heather and Kelly bake some yummy chocolate chip cookies!!



Above: Carole paints a homemade candy cane Christmas Tree Ornament.

Left: Cindy shows off her creativity with her mason jar snowman.

## Healthy Problem-Focused Coping Skills

There are many ways you might decide to tackle a problem head-on and eliminate the source of your stress. In some cases, that may mean changing your behavior or creating a plan that helps you know what action you're going to take. In other situations, problem-focused coping may involve more drastic measures, like changing jobs or cutting someone out of your life. Here are some examples of healthy problem-focused coping skills:

- ◆ Ask for support from a friend or a professional.
- ◆ Create a to-do list.
- ◆ Engage in problem-solving.
- ◆ Establish healthy boundaries (tell your friend you aren't going to spend time with her if she makes fun of you).
- ◆ Walk away (leave a situation that is causing you stress).

## Unhealthy Coping Skills to Avoid

- **Drinking alcohol or using drugs:** Substances may temporarily numb your pain, but they won't resolve your issues. Substances are likely to introduce new problems into your life. Using substances also puts you at risk for developing a substance abuse problem and it may create legal issues, financial problems, and a variety of social issues.
- **Overeating:** Food is a common coping strategy. But, trying to "stuff your feelings" with food can lead to an unhealthy relationship with food—and weight issues. Sometimes people go to the other extreme and restrict their eating (because it makes them feel more in control) and clearly, that can be just as unhealthy.
- **Sleeping too much:** Whether you take a nap when you're stressed out or you sleep late to avoid facing the day, sleeping offers a temporary escape from your problems. However, when you wake up, the problem will still be there.
- **Venting to others:** Talking about your problems so that you can gain support, develop a solution, or see a problem in a different way can be healthy. But studies show<sup>1</sup> repeatedly venting to people about how bad your situation is or how terrible you feel is more likely to keep you stuck in a place of pain.
- **Overspending:** While many people say they enjoy retail therapy as a way to feel better, shopping can become unhealthy. Owning too many possessions can add stress to your life. Also, spending more than you can afford will only backfire in the end and cause more stress.
- **Avoiding things:** Even "healthy" coping strategies can become unhealthy if you're using them to avoid the problem. For example, if you are stressed about your financial situation, you might be tempted to spend time with friends or watch TV because that's less anxiety-provoking than creating a budget. But if you never resolve your financial issues, your coping strategies are only masking the problem.

# Make yourself a priority

"DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR."

What are my physical needs:

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What I should do

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are my emotional needs:

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What I should not do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Who are my supports:

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