

## Community Resource Numbers

**Crisis: Daytime 705 848 2585.....Afterhours 1 800 721 0077**

**Elliot Lake Bylaw.....705 461 7230**

Algoma Family Services.....	(705) 848 0709
Algoma Public Health.....	(705) 848 2314
Alcoholics Anonymous (AA) .....	(705) 461 3150
Al Anon Family Group.....	1-888-425-2666
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) .....	1-705-989-5600
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

# Stepping Stones



The official Club 90 newsletter

July 2020

Vol. 349



<https://www.facebook.com/groups/nscss/>

**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**

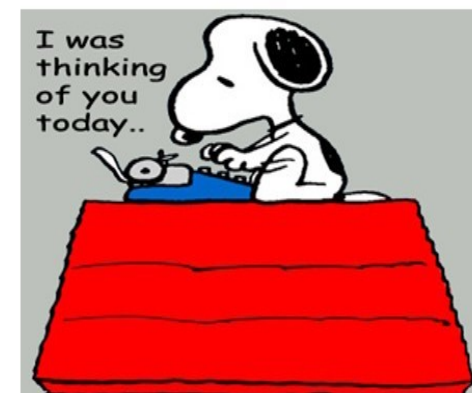
705-848-8080  
1-855-297-4200  
carol.hughes@parl.gc.ca

**NDP**  **NPD**

## Do you miss your family and friends?

Try some of these ways to connect with them when you are in a quarantine...

- Write a letter
- Send a picture
- Send a card
- Phone call
- Video Chat
- Facebook
- Facebook messenger
- Skype
- Meet them for a walk (but keep your distance)
- Facetime
- Text messages
- Computer gaming
- Use other chat internet apps

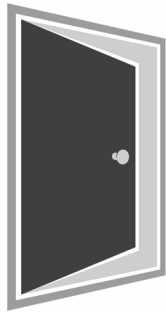


## Wishing you a happy birthday

**Richard, Dan, Charles, Victor, Valarie, Scott, Greg, Augustino,  
Linton, Barbara, Christopher, Heather, Bruce and Sarah**



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 2  
Blind River, ON P0R 1B0

**(705) 848-2585**

**AFTER HOURS CRISIS NUMBER:**

**1-800-721-0077**

**Temporarily closed**

## Get out and enjoy the sunshine

It is important to stay up to date on what is happening regarding the covid-19 pandemic, let's take a moment and let out our frustrations and acknowledge the anger that some of us may be experiencing as we enter a very different summer. Now, let's pause and recognize how fortunate we are to be living in such a vibrant community where we can enjoy the great outdoors while being able to practice social distancing. Not only do you get to soak up the warmth of the sun, being outdoors is beneficial to your mental health and can help relieve symptoms of anxiety, depression, stress and overall negative feelings such as irritability.

So get outside, take a deep breath in and expel all the negative.

**Repeat as often as needed!**

## **Keep your clubhouse safe**

### **Upon entering club:**

- Have COVID-19 screening complete by staff member.
- You **MUST** sanitize your hands prior to coming into common area.

### **While in the Clubhouse:**

- No outside food or drink is allowed in the club.
- Wear a mask when walking around the clubhouse.
- Clean all surfaces and objects that are touched.
- Be respectful of scheduled times.
- Follow health and safety protocols set out by staff

## DYI AT HOME: NAIL POLISH MUGS

What you will need:

- Nail Polish
- Plain White Mugs
- Disposable Tub
- Skewer or Toothpick
- Dishwasher Safe Mod Podge
- Parchment Paper



Instructions:

1. Fill your tub with hot water, and carefully drip your nail polish onto the surface of the water.
2. use your toothpick or skewer to swirl the polish around so that it covers the surface of the water.
3. Immediately dip your mug into the water, and let it sit for a second or two to help the polish adhere to the mug. Remove mug, and place upside down on parchment paper to dry.
4. Switch out water and repeat

## Club 90 set up for social distancing

In early June, the Ontario government gave the green light for the Algoma District to move into phase two. Which would allow a maximum gathering of 10 people providing protective measures were put into place.

Staff had started to prepare for the next phase and rearranged the tables and put protective shields on the tables, that would allow people to sit across from one another but remain safe from droplets. Prior to entering the clubhouse each person (staff included) must complete the COVID-19 assessment screening.

However, due to the limit of people who can come into the club, anyone who is interested in attending a workshop that is on the calendar must call ahead and sign up. Workers are also meeting with members on an individual face-to-face basis, which can be done by calling the clubhouse at 705-848-2879 and scheduling an appointment.



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, 3<sup>rd</sup> Floor, Elliot Lake, P5A 1Y9

phone: 705.848.0229 fax: 705.848.1539  
Toll Free: 1-800-256-7299  
website: [www.elnos.com](http://www.elnos.com)

## BBQ Thursdays at Spruce Beach\*

Weather permitting\*

Days:

July 9, July 16  
July 23, July 30

Times:

Group 1: 11 a.m. to 12 p.m.  
Group 2: 12 p.m. to 1 p.m.

**Social Distant measures are expected**

Cost: \$3.00 and includes:

- 1 hot dog
- 1 hamburger
- 1 bag of chips
- 1 pop

Only 8 people per group and you **MUST** call and sign up by Wednesday.

# Summer Fun Word Search

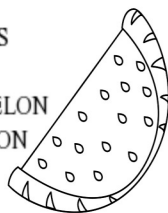
Find all the words!

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

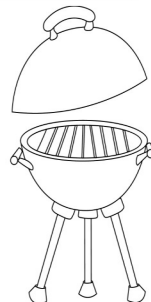
VOLLEYBALL  
 WATER  
 CREAM  
 LEMONADE  
 BUTTERFLIES  
 MINI  
 FIREFLIES  
 POOL



FRISBEE  
 BALLOONS  
 BEACH  
 WATERMELON  
 BADMINTON  
 GOLF  
 POPSICLE



KITES  
 ICE  
 SANDCASTLE  
 PICNIC  
 PARK  
 BASEBALL  
 TRAMPOLINE



ThriftyMommasTips.com

## CONTACT

Counselling Centre  
of East Algoma

Centre de counseling  
d'Algoma Est

### Main Office - Elliot Lake

9 Oakland Blvd., Suite 2 Elliot Lake ON, P5A 2T1  
 Tel/Tél: 705-848-2585  
 Fax/Téléc.: 705-848-9687  
 email: ccea@vianet.ca

### Blind River Office

1 Industrial Park Rd, Suite 210 Blind River ON, P0R 1B0  
 Tel/Tél: 705-848-2585  
 Fax/Téléc.: 705-848-9687  
 email: ccea@vianet.ca

## CCEA talks Men's Health Month

Throughout the month of June, Malin Johnson, public educator with the counselling Centre of East Algoma, put on multiple virtual information sessions to talk about the importance of men's health and breaking the stigma and silence that surrounds it.

"The toxic masculinity we all live in says talking about men's vulnerabilities, such as his health, is a faux pas. So much so we had to rally together and make a whole month dedicated to discussing the issues around it." said Malin. "Men's physical health, body image, self-esteem, your 'male role in society', depression and suicide. All topics that men have been discouraged to discuss because showing you are vulnerable makes you weak and less than in the eyes of society."

The virtual presentations are available on the Counselling Centre of East Algoma—Education Facebook page at:

<https://www.facebook.com/CCEA.Educator/>

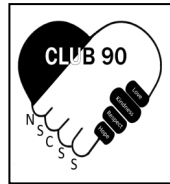
## Who we are:

**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.

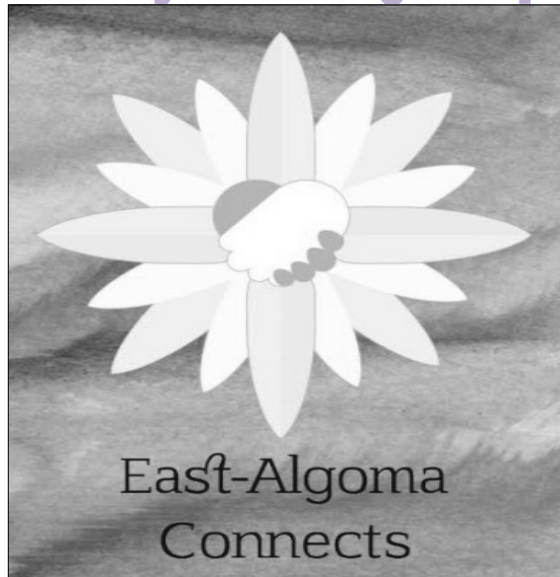


**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.



## Local resources at your fingertips

Did you know that we have a great resource at our **finger-tips** 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.



Being  
Belonging  
Becoming



Être  
Appartenir  
S'épanouir

**Stressed? Anxious? Struggling due to COVID-19? You are not alone!**



**SUPPORT  
AVAILABLE  
BY PHONE**

**Monday to Friday**

**8:30 AM -  
4 PM**

**705-222-6472**

**7 days a week**

**6 PM -  
midnight**

**1-866-856-9276**

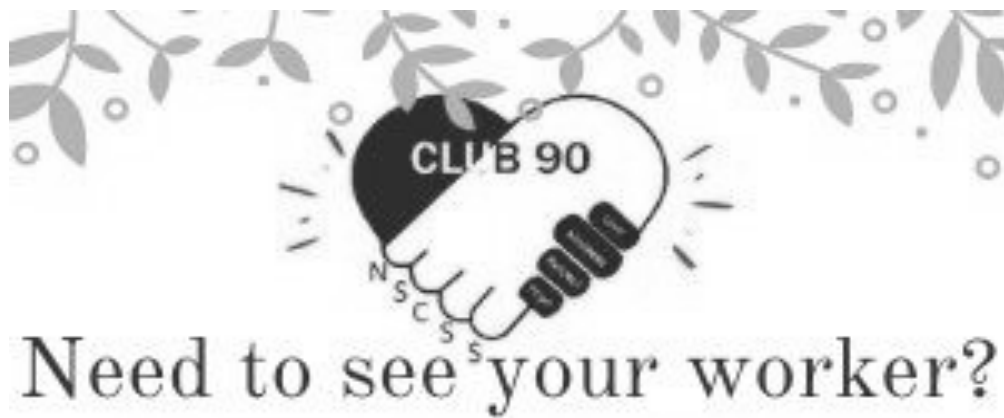
### **PROTECT OUR ANIMALS**

When an animal  
needs help, call:

**1-833-9-ANIMAL  
(264625)**

Don't stay  
silent.





APPOINTMENTS CAN BE MADE TO  
SPEAK WITH A MENTAL HEALTH  
WORKER ONE-ON-ONE

CALL 705-848-2879



With groups being allowed up to 10 people, members and staff took advantage of the beautiful weather in June and had a social distance BBQ down at Spruce Beach. We held two different times that allowed us to have up to eight members come out for a nice lunch.

## Art Therapy at Club 90

### 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



For three times a week, members came down to participate in art therapy. Members were encouraged to work on what they are comfortable doing. Some would colour and paint, others brought in sewing, crocheting and beading. This was a great way for members to come out and socialize with their peers while accomplishing something creative and fun!



## Summer activities to do during COVID-19

1. Make your own ice cream
- Run through a sprinkler
2. Have a watermelon seed spitting contest
3. Camp out in the backyard
4. Make s'mores
5. Have a water balloon fight
6. Go stargazing
7. Nap in a hammock
8. Sip a rosé (or frisé)
9. Eat popsicles and ice cream cones
10. Have a barbecue
11. Try your hand at face painting
12. Seek out a drive-in movie (or make your own)
13. Have a backyard or indoor scavenger hunt
14. Look for fireflies
15. Grow a little garden
16. Create a sidewalk chalk art gallery
17. Finish the perfect summer read
18. Go for a socially distanced hike
19. Picnic in your backyard—or your living room
20. Visit an outdoor farmer's market
21. Have fun at a virtual summer camp
22. Make massive ice cream sundaes
23. Do fun science experiments (the baking soda and vinegar volcano is a classic)



# Takeout available at



**LOCATED IN THE HILLSIDE PLAZA**

NEW HOURS CURRENTLY IN PLACE

**CHECK OUT OUR SOCIAL MEDIA PAGE FOR UPDATES:**

<https://www.facebook.com/AndersonFamilyRestaurant/>

Call (705) 578-5030