

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
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 (DAYTIME CRISIS)	(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)	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 Support1-800-721-0077
WARM LINE.....1-866-856-9276

STEPPING STONES

July 2023

Edition 382

Off to Camp Thompson

On July 19th, 2023

Check Page 3 for details

AND

**Summer Beach Fun and Suppers
on Tuesdays, starting July 11th, Noon to 4p.m.
@ SPRUCE BEACH ... Call us on Monday 705
-848-2879 if you'll be joining us.**

CLUB 90

FUNDAY

Friday June 9th, 2023, we had a “Funday” at Club 90. It turned out to be a beautiful day that was enjoyed by all. We had LGBTQ bracelet’s, hand made hair scrunchies, desserts, and BBQ for sale. We also had Scott Horrocks provide us with live music. However, the games were a huge hit with our members. Especially “Soak the Mental Health Worker”! Even Anke, our Executive Director got in on the action...lol.



Models by J.R.B Gibbons

This is the Junkers D.1 first flown on the 17th of September 1917



This is a Fokker Eindecker E.III, and it was a highly successful German Aircraft

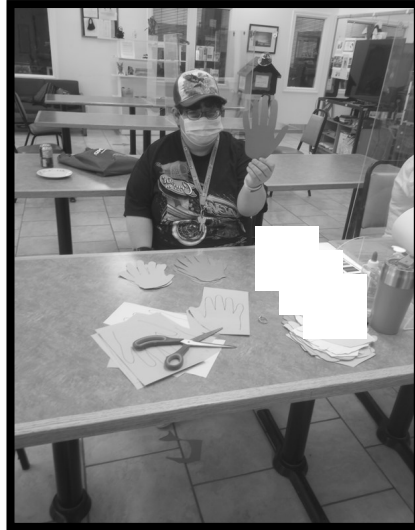


Here is the Mornae-Sailnier Type N. Also known as the bullet. This aircraft entered service with the French Airforce in April 1915.



Activities

Last month we had a great time with making coffee filter butterflies, unity hands for LGBTQ+, rock painting for our garden, socialization among members have increased, and puzzle building.



Camp Thompson

Wednesday July 19th, 2023 We will be going to Camp Thompson!! We will be leaving Club 90 at 10am sharp, and the bus leaves Camp Thompson at 4pm sharp. There is a **\$5.00 fee** that will have to be paid before Friday July 7th, 2023 and forms need to be signed.

We will be having:

- BBQ
- Pontoon boat ride
- Games
- Swimming
- lots of laughter, and more...



Hope to see you there!!



Panic Attacks

July 10th is Panic Attack Awareness Day. What is a Panic Attack? A Panic Attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. Panic attacks can be very frightening. When Panic Attacks occur, you might think you're losing control, having a heart attack or even dying.

Many people have just one or two Panic Attacks in their lifetimes, and the problem goes away, perhaps when a stressful situation ends. But if you've had recurrent, unexpected Panic Attacks and spent long periods in constant fear of another attack, you may have a condition called Panic Disorder.

Although panic attacks themselves aren't life-threatening, they can be frightening and significantly affect your quality of life. But treatment can be very effective.

Symptoms

Panic attacks have many variations, but symptoms usually peak within minutes. You may feel fatigued and worn out after a panic attack subsides.

Panic attacks typically include some of these signs or symptoms::

- Sense of impending doom or danger
- Fear of loss of control or death
- Rapid, pounding heart rate
- Sweating
- Trembling or shaking
- Chills
- Feeling of unreality or detachment



One of the worst things about panic attacks is the intense fear that you'll have another one. You may fear having panic attacks so much that you avoid certain situations where they may occur.

SUDOKU

Sudoku keeps your brain active and reduces the risk of Alzheimer's, a most common cause of dementia that affects a person's thinking and behavioral skills. Stimulates your mind: The game works on your logical thinking process as you are absorbed in solving a puzzle and eventually improve your number skills.

				6	8			
			7		1			
9		2						
	5					9		1
6			8	3	9		2	
3								
			4	2				5
2		1				8		6
	3					2		

Summer In The Park Concert Series

Entertainment Series. A **Free** concert at Westview Park for the community members to come out and enjoy some wonderful musical entertainment.

All concerts will be set to play at Westview park on selected dates:

Sunday June 4th, 2023, at 2pm to 4pm

Sunday July 16th, 2023, at 2pm to 4pm

Sunday August 13th, 2023, at 2pm to 4 pm

Sunday September 10th, 2023, 2pm to 4pm

Should the weather not be suitable for an outdoor concert, the concert will be moved to Collins Hall for the same date and time.

If you have any questions, please reach out to the Events Coordinator at 705-848-2287 EX: 2139



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

Canada Day Word Search



- | | | |
|-------------|-------------|----------|
| VANCOUVER | UNIFICATION | OTTAWA |
| TERRITORIES | CANADA | TORONTO |
| ONTARIO | ALBERTA | YUKON |
| LEAF | MAPLE | FLAG |
| BEAVER | PATRIOT | MONTREAL |

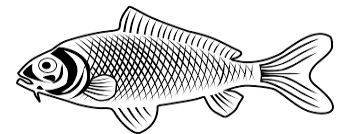
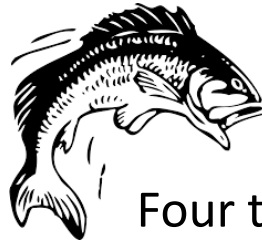
BBQ EVERY FRIDAYS

Weather permitting, Club 90 will have a BBQ every Friday between 12 pm and 2 pm for members and the community. For members, you will have to call in before 11 am to sign up. 705-848-2879.

For our Community, please show up between noon and 2 pm to see what we have cooked up for you, or call ahead and we will be happy to tell you our menu.



GO Fish



Four times a year, Canadian Residents can fish in Ontario for Free. This means you do not need to buy a fishing license if you want to fish during:

- Family Fishing Weekend (February 18-20, 2023)
- Mother's Day Weekend (May 13-14, 2023)
- Father's Day Weekend (June 17-18, 2023)
- Family Fishing Week (July 1-9, 2023)



Wishing a Happy Birthday To:

*Victor, Valerie, Scott,
Barbara, Lynn, Sarah,
John, Lisa, Laura, Daniel,
Alexis, and Shyan!*

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

What's Happening in July at Club 90

- **Monday July 3rd, 2023**, We will be paused due to it being Canada Day
- **Every Monday** there will be a “TED TALK” presentation on topics that cover Mental Health , understanding Mental Illness, and other various educational topics.
- **Wednesday July 12th, 2023**, Representatives from ODSP will be at Club 90 for another presentation and a Q & A afterwards.
- **Wednesday 26th, 2023**, Yes You Can Consulting will return to Club 90 for an encore presentation about their services. This is a Don't Miss opportunity for our members so please save this date.
- **Every Friday**, weather permitting, we will have a BBQ for our members and the community to enjoy. The BBQ will run from noon to 2 pm.

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.



705-467-3663

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.



Available on:



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

Understanding PTSD

What is PTSD? PTSD stands for **POST TRAMATIC STRESS DISSORDER**. PTSD is a disorder that develops in some people who have experienced a shocking, or dangerous event. It is natural to feel afraid during and after a traumatic situation. Fear is a part of the body's "Fight or Flight" response, which helps us avoid or respond to potential danger.

People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people.

Here are some signs of PTSD:

- panicking when reminded of the trauma.
- being easily upset or angry.
- extreme alertness, also sometimes called 'hypervigilance'
- disturbed sleep or a lack of sleep.
- irritability or aggressive behavior.
- finding it hard to concentrate – including on simple or everyday tasks.
- being jumpy or easily startled.

Treatment

Post-traumatic stress disorder treatment can help you regain a sense of control over your life. The primary treatment is psychotherapy, but can also include medication. Combining these treatments can help improve your symptoms by:

- Teaching you skills to address your symptoms
- Helping you think better about yourself, others and the world
- Learning ways to cope if any symptoms arise again
- Treating other problems often related to traumatic experiences, such as depression, anxiety, or misuse of alcohol or drugs
- You don't have to try to handle the burden of PTSD on your own.

This is general information. If you believe to have symptoms of PTSD, Please address this with your doctor.

Proud supporter of the Club 90 program

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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



Gary and Lynda's Story

On June 21st, 2023, at 2:45 am in the morning, a member, Lynda, and her husband, Gary, were survivors of the fire that destroyed all the apartments above the LCBO. I'm grateful to say no persons or animals were physically hurt during the fire. Gary and Lynda lived there for 9 years, and everything they owned was destroyed allegedly by another tenant who may have fallen asleep with a lit cigarette.

When speaking to Gary and Lynda, you can see that they are trying their hardest to maintain their composure as they tell me their story. Gary told me that if it wasn't for the fact that their neighbor and his dog, Finnigan, needed to go out so Finnigan can pee, they would have most likely had died in that fire. This neighbor banged on everyone's door to alert them to what was happening. As Gary and Lynda fled for their lives through a hallway of flames, they remember thinking "This isn't really happening"! They stood there watching everything burn in front of them. When asked "What are you going to miss the most"? To my surprise it wasn't their big TV, or furniture. Gary said he will miss his mother's muffin pans, the windchimes that were gifted to them by Lynda's mother before she passed, and pictures that can never be replaced.

As they sat with me, I could see the grief and despair on their faces. They wake up every morning triggered by the smoke from the forest fires in the air. I also observed that they are trying their best to stay positive during this chaotic time by making light of things. Gary said he wakes up in the mornings remembering things like he needs to buy things such as another shower curtain, or laundry baskets. He said that it's so random, but this is what plays on his mind right now.

Fortunately, The Red Cross was able to place the survivors at Dunlop lodge for 3 days, but then they were left to fend for themselves. Since not having any insurance, this leaves Gary and Lynda to rely on help from family, friends, Club 90, and the community. They need everything, and Club 90 would like to ask our members and non-members to reach out to the Mental Health Worker, Melanie, to see what donations are needed at this time. For the moment, gift cards would be the best since they do not have anywhere to place furniture for now. Examples, Dollarama, Shopper's Drug Mart, NoFrills, Foodland, Hearts, even Tim Horton's...etc.

On behalf of Club 90, We wish Gary and Lynda the best of luck.

By the way, after doing a little research, in Irish Mythology, Finnigan was a hero who was renowned for his strength and wisdom. I believe he lives up to his name.

