

## 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

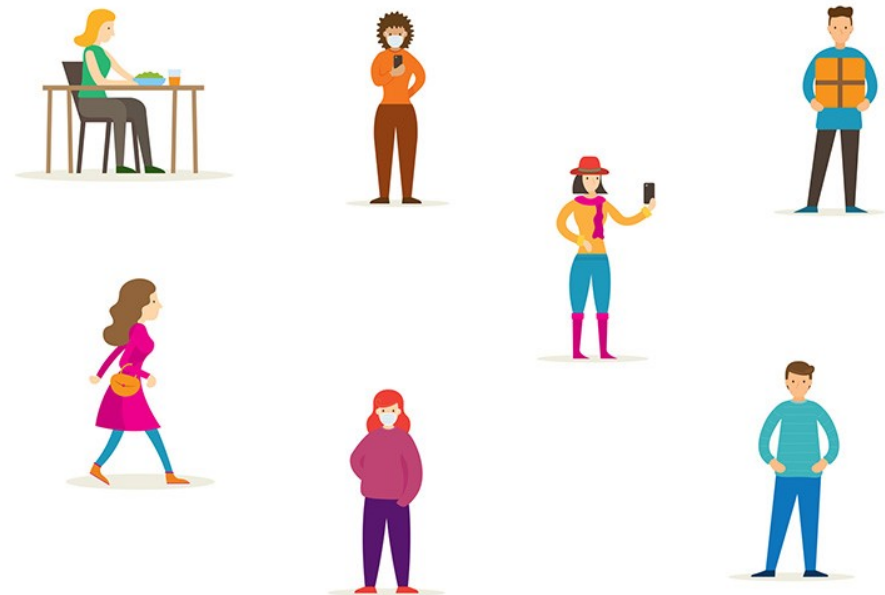
# Stepping Stones

The official Club 90 newsletter

June 2020

Vol. 348

## We are here for you



## Even if it's at a distance



**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**

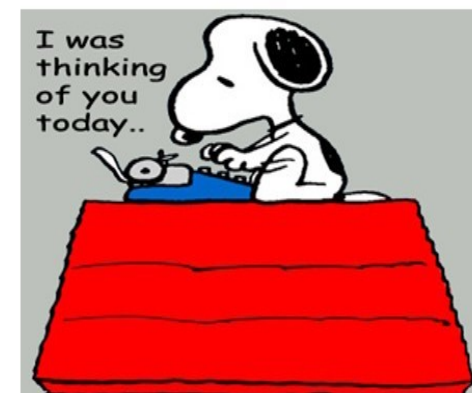
705-848-8080  
1-855-297-4200  
carol.hughes@parl.qc.ca

**NDP**  **NPD**

## Do you miss your family and friends?

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

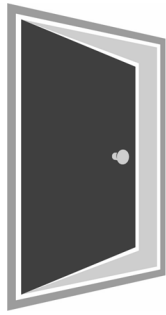
- Write a letter
- Send a picture
- Send a card
- Phone call
- Video Chat
- Facebook
- Facebook messenger
- Skype
- Meet them for a walk (but keep your distance)
- Facetime
- Text messages
- Computer gaming
- Use other chat internet apps



## Wishing you a happy birthday

Beverlee, Oliver, Kirk, Randolph, Dara, Jim, Donald, Brenda, Terrell, Charlie, Gaetanne, Laura, Vanessa, Sandra, Greg, Norman, Cindy, Calvin, Stephanie, William, Leif, Jesse

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**

## A Message to Our Community and Partners

The health and safety of our clients and staff is our top priority as we continue to closely monitor the impacts of COVID-19. Protecting your health and safety will continue to remain our focus as we begin to reopen and expand in-person services over time.

On May 16, the Ontario government announced the initial phase (Stage 1) of restarting community healthcare services amongst other services across the province.

While the Ontario government included the gradual reopening of various services including in-person mental health and addiction services, we want to be clear with our community that this reopening will happen progressively over the next few weeks and months.

We are working hard to reopen our doors to our community, but we will only do this once it is safe to do so. We are actively working to ensure we can meet the criteria established by the Ontario government to keep you and our staff safe, including our ability to:

- Minimize the risk of spreading the virus within the organization;
- Conduct mental health and addiction services remotely;
- Adjust our services to meet physical distancing, enhanced hygiene measures, cleaning, screening our staff and clients;
- Access to personal protective equipment (PPE); and
- Fund the implementation of new health and safety standards, as well as purchasing new equipment, during this challenging time.

In the interim, we will continue to offer virtual and modified services as applicable as we have been over the past few weeks.

***You can continue to connect with us or book an appointment by calling 705-848-2879 and speaking to a Mental Health Worker of Club 90 or by calling 705-848-2800 and speaking to our Nurse of the Seniors' Mental Health Program.***

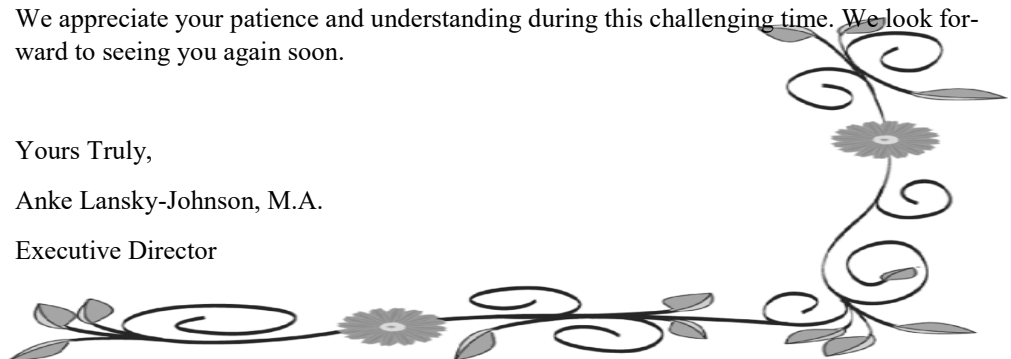
We will do our best to keep you informed of our plans to restart in-person services. Please continue to visit our website <http://www.nscss.com> or social media connect with us at <https://www.facebook.com/groups/nscss> for up-to-date information about services.

We appreciate your patience and understanding during this challenging time. We look forward to seeing you again soon.

Yours Truly,

Anke Lansky-Johnson, M.A.

Executive Director





# Club 90: APP of the month



*Sober Time*



Sober Time helps you stay motivated and inspired. It's a mental health app that tracks sobriety down to the second and updates in real-time. The clock ticks up the seconds, minutes, hours and days. There are more than 10 unique ways to display your progress with individual and community features. With this app you can: track your relapses, add helpful notes to relapse incidents, see how much money you saved, share your progress, daily inspirational messages, and the ability to set realistic goals

**Price: Free to download and use**



## 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)



Doodle Art Alley ©

## Ways your anxiety may be effected due to the coronavirus

1. Feeling more tired than usual: One of the most common and confusing side effect of this virus, especially for active people, is loss of energy.
2. You're not sleeping well: Insomnia frequently occurs in anxious people. Try and create a bedtime ritual, avoid nighttime screen time and limit your caffeine intake during the afternoon.
3. You startle easy: We all get startled from time to time, but if you're more jumpy than usual it's time to take notice. Your body and brain could be on high alert because of anxiety.
4. Channeling energy into hobbies/activities: Excessive enthusiasm or extreme productivity might be your coping mechanism, or how your anxiety is presenting. Make sure you're taking time to rest and confront anything you may be feeling.
5. Little to no interest in things: Covid anxiety can appear as apathy. This is because routines that have given us structure and a sense of purpose are now disrupted or gone entirely. The antidote? It's important to use this time to create new routines for ourselves and find new interests.
6. Intense loneliness: A remedy to this is not necessarily the most ideal option, but it *can work*: *virtual connection*.
7. Experiencing reactivation or agitation of other mental health conditions: Coronavirus-related anxiety might compromise progress that you made on other mental health conditions. Even if you don't have a diagnosed mood disorder or mental illness, those cortisol levels can contribute to mood swings or "feeling like you're on a mood roller coaster,"
8. More headaches/physical issues: you may see some physical symptoms that may appear to be all over the map. Think headaches, dizziness, heart palpitations, ulcers, insomnia, rashes, hand tremors, general restlessness and gastrointestinal issues. Keep an eye out for these, and use them as a "check engine light" of sorts. They could be a sign you're experiencing major anxiety.
9. Angry outburst: This anger may be directed at yourself or at others. You might be overly self-critical about everything you do at work or pick apart your appearance, for example. Or you may find yourself snapping at your partner or getting frustrated with your parents more than usual.
10. Forgetfulness: Having trouble staying on top of your to-dos? Forget something you were in the middle of? This is a cognitive symptom of anxiety,. Your brain is overloaded with stress and may struggle to manage tasks and mental checklists that seemed routine before.

## Health and Wellness

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

stress	coping	activities	responsibility
physical	reliable	occupational	intellectual
spiritual	balance	give back	mental
swimming	hydrate	biking	yoga
eating healthy	no smoking	emotional	debt free
financial	savings	laugh	volunteer
walking	exercise	hygiene	therapy
church	wellness	pray	goals
prescriptions	social		

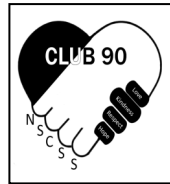
## Who we are:

**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.

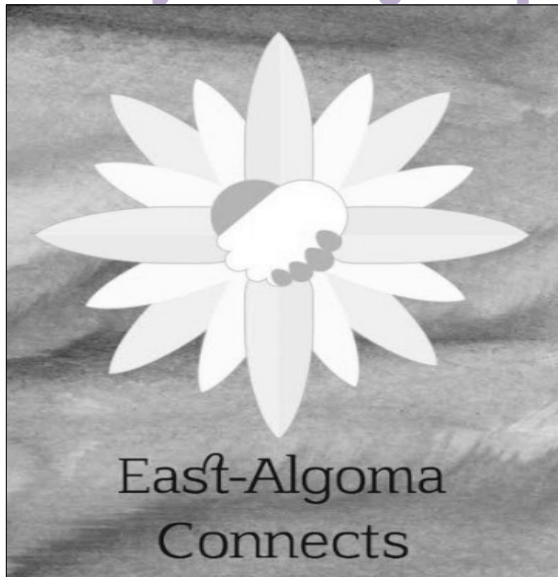


**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.



## 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.



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**

### **Emergency benefit**

Single people on ODSP may be able to get up to \$100 more a month. People with families may be able to up to \$200 more a month. The government first said that people would only get this amount one time. But they've changed that and people can now get it for 3 more months, so that's May, June, and July. If you already got the extra money from ODSP in March or April and you still qualify, you'll continue to get it. You don't have to do anything more. If you did not get the extra money yet, you must ask ODSP for it and explain why you need it.





# What went down in May

Despite our doors closed for public use, the mental health workers continued to be busy to support members during these hard times.

- For Mental Health Week, staff put together “coping skill bags” that included a cloth mask, cookies, a stress ball and some homework to help with coping.
- Gift cards were given out to local members.
- Mental health workers started meeting with members face to face on a one-on-one basis set up by appointment. Support is still being made available by telephone and virtually.
- Staff created plans on putting in place guidelines for PPE and proper hygiene to keep members and staff safe when meeting at the clubhouse.

## 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



## Imporant update from Club 90

As we are seeing people face-to-face after a lengthy time; we all will need to follow guidelines; **new health and safety rules** that will ensure that all members, volunteers and staff do their part to flatten the curve. These guidelines, as per the Government of Ontario, are in effect **immediately**. We will be seeing people on a one-on-one basis in designated areas, by appointment with your mental health worker. Staff will be greeting people and completing the COVID-19 screening tool with everyone who enters the building.

Please read the following procedures that are in place to support everyone in remaining safe from the COVID-19 virus.

- If you have a fever, cough, shortness of breath, or overall feelings of sickness ***please do not come to the club. You may call us for support for the next steps you may need to take for your health concern.***
- Maintain and respect social distancing protocols – minimum of 6 feet distancing.
- Proper hygiene and protection must be used inside the clubhouse (hand washing, cough into arm, face mask). You are expected to sanitize the area you are using prior to leaving. Cleaning supplies will be readily available.
- Please do not enter the kitchen or staff offices unless otherwise directed.
- Please call your mental health worker to set a time for your visit at Club 90.

# June 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Get outside and notice 5 things that are beautiful	2 Cultivate a feeling of kindness towards others	3 Start the day with appreciating what you have	4 Send someone a message to say how they mean to you	5 Say something friendly to a stranger	6 Practice gratitude
7 Ask a friend what good thing has happened to them	8 Invite others into the conversation	9 Tell loved ones they are special to you	10 Make an effort to be friendly	11 Practice self-care	12 Find three good things that happened to you last month	13 Put a worry into perspective and try to let it go
14 Write down your hopes for the next 30 days	15 Practice good sleep hygiene	16 Learn about a new topic of interest	17 Say hello to a neighbour	18 Take a small step towards and important goal	19 Get back in contact with an old friend you miss	20 Be gentle with yourself when you make a mistake
21 Discover new music/foods/hobbies	22 Make progress on a goal you've been avoiding	23 Look for positive news today	24 Take time to reflect on your accomplishments	25 Share an important goal with a friend	26 Let go of others expectations of you	27 Look for the good in people
28 Shift your mood by doing something you really enjoy	29 When things get tough, say "this too will pass"	30 Listen to your body and what it can do for you				