

## 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

**CCEA After Hours Crisis Support  
WARM LINE**

**1-800-721-0077  
1-866-856-9276**

June 2021

358th edition

# Club 90 Stepperting Stones






# We are still here for you during these difficult times!

Phone/virtual/email support available Monday to Friday

## Email support

Jess: [mhsupport@nscss.com](mailto:mhsupport@nscss.com)

Tammy: [supportmh@nscss.com](mailto:supportmh@nscss.com)

## Phone support

Phone: 705-848-2879

**Stay up-to-date online with us**



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



Twitter: @shore\_support



Instagram: @nscss\_club90



### Wishing a Happy Birthday to:

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



I DON'T LIKE THE PHRASE "A CRY FOR HELP." I JUST DON'T LIKE HOW IT SOUNDS. WHEN SOMEBODY SAYS TO ME, "I'M THINKING ABOUT SUICIDE, I HAVE A PLAN; I JUST NEED A REASON NOT TO DO IT," THE LAST THING I SEE IS HELPLESSNESS.

I THINK: YOUR DEPRESSION HAS BEEN BEATING YOU UP FOR YEARS. IT'S CALLED YOU UGLY, AND STUPID, AND PATHETIC, AND A FAILURE, FOR SO LONG THAT YOU'VE FORGOTTEN THAT IT'S WRONG. YOU DON'T SEE ANY GOOD IN YOURSELF, AND YOU DON'T HAVE ANY HOPE.



BUT STILL, HERE YOU ARE; YOU'VE COME OVER TO ME, BANGED ON MY DOOR, AND SAID, "HEY! STAYING ALIVE IS **REALLY HARD** RIGHT NOW! JUST GIVE ME SOMETHING TO FIGHT WITH! I DON'T CARE IF IT'S A STICK! GIVE ME A STICK AND I CAN STAY ALIVE!"

HOW IS THAT HELPLESS? I THINK THAT'S INCREDIBLE. YOU'RE LIKE A MARINE: TRAPPED FOR YEARS BEHIND ENEMY LINES, YOUR GUN HAS BEEN TAKEN AWAY, YOU'RE OUT OF AMMO, YOU'RE MALNOURISHED, AND YOU'VE PROBABLY CAUGHT SOME KIND OF JUNGLE VIRUS THAT'S MAKING YOU HALLUCINATE GIANT SPIDERS.

AND YOU'RE STILL JUST GOING, "GIVE ME A STICK. I'M NOT DYING OUT HERE."

"A CRY FOR HELP" MAKES IT SOUND LIKE I'M SUPPOSED TO TAKE PITY ON YOU, BUT YOU DON'T NEED MY PITY. THIS ISN'T PATHETIC. THIS IS THE WILL TO SURVIVE. THIS IS HOW HUMANS LIVED LONG ENOUGH TO BECOME THE DOMINANT SPECIES.



WITH **NO HOPE**, RUNNING ON **NOTHING**, YOU'RE READY TO CUT THROUGH A HUNDRED MILES OF HOSTILE JUNGLE WITH NOTHING BUT A STICK, IF THAT'S WHAT IT TAKES TO GET TO SAFETY.

ALL I'M DOING IS HANDING OUT STICKS.

YOU'RE THE ONE STAYING ALIVE.





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**

## **Clubhouse remains paused for month of June**

We have had a few members ask us “when is the club opening?”

Although, we wish we had better news, we are not expected to re-  
sume normal clubhouse function until the end of July.

THAT BEING SAID; it is based on the new provincial roadmap that  
was announced on May 20th. The roadmap lays out three stages—  
focusing on opening outdoor facilities first. According to the  
roadmap, the clubhouse falls under stage 3.

As disheartened as we are to hear this news, the Club 90 team will  
continue to support you as months prior. Both mental health Workers  
are available for phone support, email support and virtual support.  
Emergency one-on-one's can occur with arrangements made with a  
mental health worker

As we continue to wade through the pandemic, we are also

### **INTRODUCING VIRTUAL ACTIVITIES:**

In this newsletter, there is a calendar of activities that members can  
participate in. We are still collecting email addresses from our mem-  
bers and ask if you think we do not have one on file for you to call  
and update your contact information to a mental health worker!

To keep in with confidentiality, no email addresses will be shared  
with other members when sending out the invite links and invites are  
created and sent out by a Mental Health Worker.

We are hoping in stage 2, that we can incorporate some outdoor activ-  
ities to engage with our members.

# 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 fin-gers. Want to stop a bleed? There's an app for that! Burnt yourself cooking? There's an app for that! Think you may be suffer-ing from heat stroke? There's an app!

Not only is "First Aid" good for physical injuries, it also gives in-formation 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!

## 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



Did you know that Maplegate has a free, confidential crisis chat option? Just text **705-461-9868** and a Frontline Worker will promptly assist you

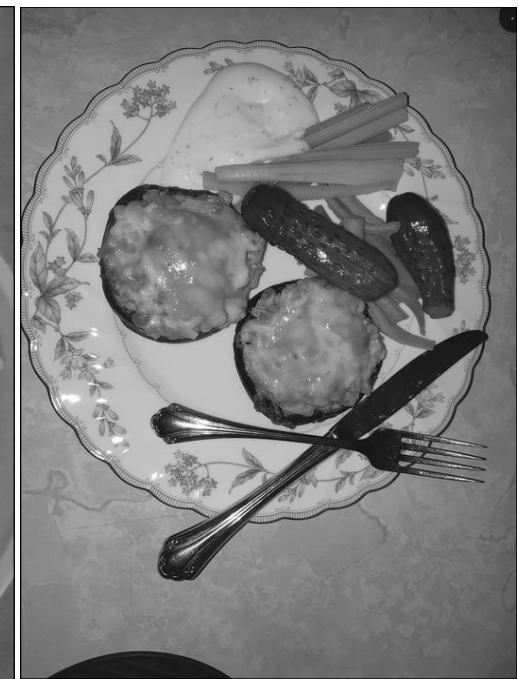
## iChef delivery continues to be a success

Throughout the month of May, we continued to deliver i-Chef meals twice a week, averaging 15 meals each time (or 30 meals a week). We shared recipes for a variety of budget friendly meals and got great feedback from participants.

Member's shared their creations on our Facebook page each time, and boy do they look great and make us hungry over on our end!



Taco Salad—Chris



Tuna Melts with Veggie sticks—Cindy



# From our kitchen

## Sausage Breakfast Casserole

### Ingredients:

- 1 Pillsbury crescent roll tube (8 oz)
- 1 pound mild sausage
- 6 eggs (blended)
- 2 cups shredded cheese

### Directions

1. Preheat oven to 350 , grease 9x13 baking dish
2. Brown sausage in skillet, remove excess grease
3. Cover bottom of baking dish with crescent dough.
4. Top the dough with an even layer of sausage
5. Pour blended eggs over top
6. Sprinkle cheese
7. Bake for 30 minutes or until cheese turns golden brown



## 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](http://www.eastalgomaconnects.com) or download our app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:





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

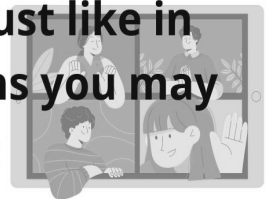
NDP  NPD

**WELCOME**  
to virtual activities

Hosted on  Google Meet

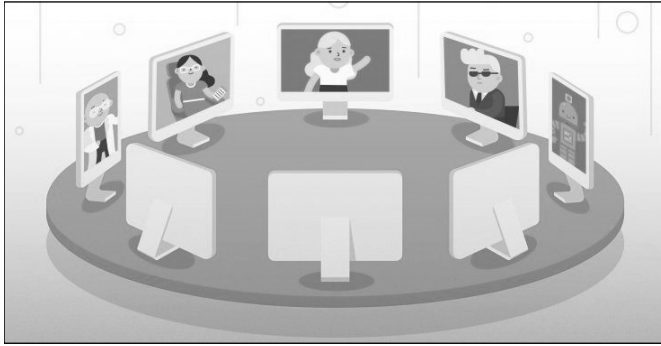
TIPS, GUIDELINES & RULES:

1. **RESPECT:** There will be zero tolerance for bullying and rudeness. You will be given a warning first, then removed from the meeting.
2. **Confidentiality/Privacy:** What is said stays in the meet. For privacy, have back to a white wall with no identifiers.
3. **Listen:** When not speaking, please mute your microphone. Be aware of your surroundings.
4. **Time:** Activities are scheduled for a set time and end at a set time.
5. **Remember your on Camera:** Just like in person, remember that actions you may think are unseen, can be seen



# Getting social virtually

The continuous shift from face-to-face to phone over the past 12+ months have been hard on us all. Our routines have been changed dramatically and days have become longer



due to the provincial stay-at-home order. We are all feeling the restlessness and stagnant of days. As the orders extend, it's time to bring some form of fun, socialization and movement into our routines!

With the suggestion of a Club 90 volunteer (and some research into platforms) we are launching virtual activities for members to participate in (at their choosing) via Google Meets.

See you online!

*Proud supporter of the Club 90 program*

## H&R BLOCK®

"With almost 1,000 locations across the country, you don't have to travel far to find expert tax service. Our offices have been redesigned for safe filing with plexiglass dividers, hand sanitizer, social distancing, and mask requirements of staff and clients."



Located at:  
52 Ontario Ave. Elliot Lake, ON P5A 1Y1  
705-848-2626



## Mental Health Bags delivered to local members

Again, we were closed to the public for Mental Health Week, which means we had to adapt our normal way of celebrating.

This year, we created "self-care" bags to be delivered over two days from staff to our local members. Inside each bag contained a nursery pot to grow chives in (Donated by Cousin's Country Garden), a colouring page, the May edition of Stepping Stones and a guide to practicing self-care with an emotion recognizing game using M&M's.

Staff was able to deliver 60+ bags to members.

Can't wait to see everyone's new plants growing!!





City of / Ville d'  
**Elliot Lake**  
 is proud to support  
 Stepping Stones and  
 the members of  
 Club 90

[www.Elliotlake.ca](http://www.Elliotlake.ca)  
 705-848-2287



[fb.com/cityelliotlake](https://fb.com/cityelliotlake)

# iChef logo contest

**ATTENTION ALL MEMBERS:** We are in need of a logo for our iChef meals and want YOU to create it!

This logo will be featured on the iChef recipe cards and the BRAND NEW iCHEF MEAL CARDS that we are going to be making!

**Deadline: Friday, June 25, 2021**

**Email logo to: [supportmh@nscss.com](mailto:supportmh@nscss.com)**



**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](http://www.elnos.com)

31 Nova Scotia Walk, Suite 306  
 Elliot Lake, ON P5A 1Y9  
 705-848-0229/1-800-256-7299



# New Prices

## MEALS AND LUNCHES

Daily suppers .....	\$2.50
Lunches .....	FREE
Dessert (no supper) .....	\$1.00
iChef meal .....	\$2.50

## DRINKS

Coffee .....	.50\$
Tea .....	.50\$
Pop .....	.50\$

## MEAL CARDS

5 meals .....	\$10
10 meals .....	\$20
20 meals .....	\$40

Speak with a MHW to buy card

## BEVERAGE CARDS

10 beverages.....	\$5
20 beverages .....	\$10

Speak with a MHW



## Club 90 cafe prices

Monday to Friday

## Pricing update regarding café unit meal & beverage cards

Hey everyone! Just an update on the café unit as we have changed the pricing of meal cards to reflect accurate current pricing.

The Club 90 team had reviewed our pricing and learned that meal cards were being charged at \$1.36 a meal where those paying cash were paying the full \$2.50.

To be fair to members, we have made the appropriate adjustments for:

**5 meals = \$10**

**10 meals = \$20**

**20 Meals = \$40**

To encourage our members to keep purchasing a meal card to help with budgeting, each meal works out to \$2. Still a great deal!

iChef meals and cash meals will stay at \$2.50. A meal card will be created specifically for iChef!

Beverage cards (known as coffee cards) have also increased. These can be used for coffee, tea and pop.

**10 beverages = \$5**

**20 beverages = \$10**

We know many of you have already purchased meal cards. **THOSE** cards can be used until you need to purchase a new one at the different pricing.

# Virtual Activity Calendar

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: BINGO</p>	<p>2</p> <p>10:30—11: Coffee Catch up</p> <p>3:15-4:15 Guess Who</p>	<p>3</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: Ted Talk &amp; Discussion</p>	<p>4</p> <p>10:30—11: Coffee Catch up</p> <p>3:15-4:15 Member Feedback</p>
<p>7</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: Scavenger hunt</p>	<p>8</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: BINGO</p>	<p>9</p> <p>10:30—11: Coffee Catch up</p> <p>3:15-4:15 Show your Pets (or plants!)</p>	<p>10</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: Trivia</p>	<p>11</p> <p>10:30—11: Coffee Catch up</p> <p>3:15-4:15 This or That bracket (Movie edition)</p>
<p>14</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: Virtual dance party</p>	<p>15</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: BINGO</p>	<p>16</p> <p>10:30—11: Coffee Catch up</p> <p>3:15-4:15 Charades</p>	<p>17</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: Ted Talk &amp; Discussion</p>	<p>18</p> <p>10:30—11: Coffee Catch up</p> <p>3:15-4:15 Member Feedback</p>
<p>21</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: Show &amp; Tell</p>	<p>22</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: BINGO</p>	<p>23</p> <p>10:30—11: Coffee Catch up</p> <p>3:15-4:15 Virtual Tour</p>	<p>24</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: Share your art work</p>	<p>25</p> <p>10:30—11: Coffee Catch up</p> <p>3:15-4:15 iChef logo vote</p>
<p>28</p> <p>10:30—11: Coffee Catch up</p> <p>2:15– 3:15 pm: Codename (team game)</p>	<p>29</p> <p>10:30—11: Coffee Catch up</p> <p>2:15-3:15: BINGO</p>	<p>30</p> <p>10:30—11: Coffee Catch up</p> <p>3:15-4:15</p>	