

Community numbers

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

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)	(705) 461 9868
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

Club 90

Stepping Stones
March 2020



**We are
here to help**

**Nous sommes
là pour vous aider**



**Michael Mantha MPP
Député Algoma-Manitoulin
705-461-9710**

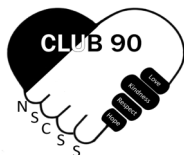
Riddle: What has to be broken before you can use it?

Answer: An egg

Solutions?! We welcome your solutions and questions!

Anyone can have suggestions, let's come up with Solutions! This is your Club and we want to hear what you feel would be beneficial to maintain or improve Club 90. Submit your questions or ideas to NSCSS Club 90 staff or Email: Supportmh@nscss.com

All articles reflect the opinions of the authors and are not necessarily shared by all the members of Club 90. Nor are they necessarily reflective of the viewpoints of North Shore Community Support Services, INC. Advertise in our Monthly newsletter at very reasonable rates. For more info. Please free to Contact Us at (705) 848-2879, fax: (705) 848-3752 or email: mhsupport@nscss.com. Mail us at: Club 90, 10 Paris Dr. Unit 6, Elliot Lake, ON, P5A 2L9 Fax: (705) 848-3752
Editorial: Staff and Members
Distribution: Members



let's do lunch

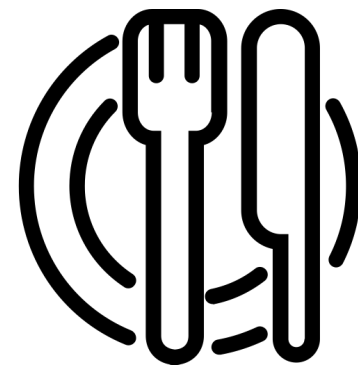
FREE MEMBERS LUNCH AT CLUB 90

Free lunches are on Tuesdays and Thursdays

PLEASE EITHER COME IN OR SIGN UP BY 11:00 a.m. FOR EACH LUNCH TO ENSURE THERE IS ENOUGH. THANK YOU!

Club 90 Members Daily Dinner at 4:00pm

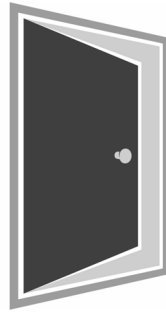
Please call in by 1:00 pm for
your dinner for \$2.50 reservation:
705-848-2879



Come out and Celebrate on March 27 the birthdays of:

Frank, Donna K, Terry, Carey, Bonita, Alicia

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 210
Blind River, ON P0R 1B0
(705) 848-2585

AFTER HOURS CRISIS NUMBER:

1-800-721-0077

Time to Spring ahead!!

Do you feel that? The cool winter air seems to be shifting to a more warmer breeze. We are slowly starting to see the sunshine earlier and longer and before we know it we will be seeing puddles where there were snow banks and the bleak grey/white will become lush greens and colourful flowers!

Daylight savings is on Sunday, March 8. So make sure you set your clock ahead an hour as to not miss your morning appointments come Monday.

OPOC: From March 16th to 20th, Laura and Kelly will be assisting our members to complete the Ontario Perception of Care (OPOC) surveys. This gives you, the Club 90 members, to have a say on the services we provide! It is 100% confidential and done online. Those who complete the survey will be entered into a draw to win a \$30 meal card (22 meals) from the Clubhouse Café.

Membership Council: After a year hiatus, Club 90 is getting ready to reboot the Membership Council and will be holding an information session at the end of April. See inside for more details!

Price changes: Starting March 1, meals in the café unit will cost \$2.50 a plate. You can purchase meal cards from a mental health worker. Prices are listed at the Club as well as inside this newsletter!

Elliot Lake Winterfest: Elliot Lake will be busy the first weekend of March with Winterfest underway. Check out our Facebook page for a full list of what is going on in the community!

My World, My Art in my Creative Mind



An amazingly creative group has come together to form the “My World, my Art in my Creative Mind.” This is a committee of members and volunteers from various artistic backgrounds who will be organizing and hosting an art shore during Mental Health Week. May 4 to May 8. Club 90 has also partnered with Christian Horizons and Community Living Algoma to put on this event! We are excited for what it to come. We will keep you posted.

Club 90 Membership Council getting ready for a reboot

Do you have a passion for teamwork, democracy and the drive to make your clubhouse a better place? Do you want to have a say when it comes to event planning, fundraising, activities and other matters of the club? If so the membership council may be for you! We are getting ready to reboot the Club 90 Membership Council and will be looking to have a chair, vice-chair, treasure and secretary elected to help make Club 90 a safe and engaging club for everyone! Staff will hold a formal information session on April 27 at 4 p.m. for those who are interested in learning more.



If interested in knowing more, speak with a Mental Health Worker.



WORD SEARCH

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

- ASH WEDNESDAY
- LEPRECHAUN
- PANCAKES
- SPRING
- BIRDS
- MARDI GRAS
- PARADE
- ST. PATRICKS DAY
- FAT TUESDAY
- MASKS
- SHAMROCK
- TIME CHANGE

Getting into the Valentine spirit



Volunteers came in during the month of February to help our members create their own valentine day card. Other activities included decorating our holiday tree and celebrating the friendships we have in our lives.

The Virtual Clinic

at the Elliot Lake Family Health Team

What is it?

- ▶ A pilot project to help patients without a family doctor to avoid visits to the emergency department for routine healthcare needs

Who can attend?

- ▶ Patients without a family physician

Why sign up?

- ▶ Speak with a virtual physician for:
 - ▶ Prescription Renewals
 - ▶ Specialist Referrals
 - ▶ Preventative Care
 - ▶ Primary Health Care

How do I get an appointment?

- ▶ Visit the Elliot Lake Family Health Team
- ▶ Ask for the Virtual Clinic paperwork
- ▶ Paperwork consists of clinic information, a consent form and a medical history questionnaire
- ▶ Don't forget to bring a copy of your most current medication list

Need more info?

- ▶ Call the Family Health Team at (705) 461-8882 or visit us at 31 Nova Scotia Walk.

Seven ways to use social media to benefit your mental health

1. **Think about your goals:** Remember that social media is a tool – use it to achieve your personal and professional goals. Choose apps and platforms that fit with your goals accordingly and that contribute to positive behaviours.
2. **Engage, don't scroll:** Studies show that when people spend a lot of time passively consuming information on social media – such as scrolling, reading, and clicking on links – they report feeling worse afterward. In contrast, when people actively engage online by sharing, posting photos, and commenting, research has shown that it can increase positive well-being.
3. **Avoid comparisons:** View posts on social media with the perspective that they are only a highlight reel of someone's life. One survey revealed that more than 60 per cent of people admit to lying constantly on social media.
4. **Share mindfully:** Always pause and consider before posting. Remember that sharing personal information can cost you your privacy and safety. Everything on the Internet is permanent and even privacy settings are limited in their capacity – keep that in mind every time you share.
5. **Allow notifications from people, not machines:** Remember that social media apps are developed and engineered to encourage you to check in consistently with notifications and new content. To avoid mindlessly checking apps, turn off all notifications except those from real people.
6. **Address bullying:** Your social media profile should be a safe space. Have a zero tolerance policy for bullying on your social media channels and do not be afraid to block and report any kind of harassment directed at yourself or others.
7. **Take time to unplug:** Research shows that taking breaks from social media and other forms of technology can help increase feelings of subjective well-being.

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.

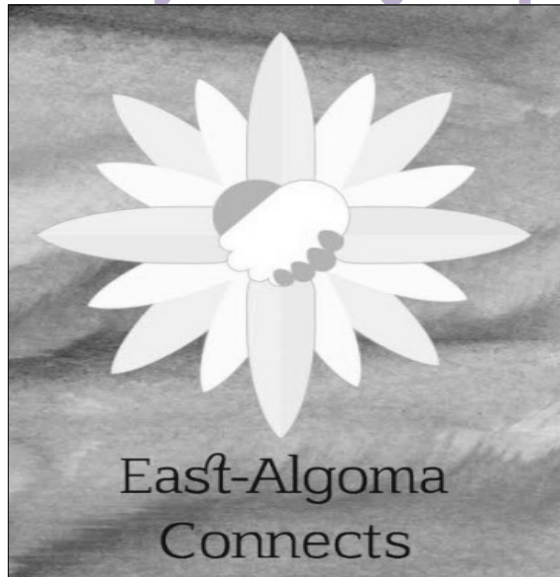


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



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 or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Open:

Monday: 7 am to 2 pm

Tuesday: 7 am to 7 p.m.

Wednesday: 7 am to 7 p.m.

Thursday: 7 am to 7 p.m.

Friday: 7 am to 7 p.m.

Saturday: 7 am to 6 p.m.

Sunday: 8 am to 2 p.m.

Home of the all day breakfast

Club 90 welcomes CCEA and EAMHC to present at Consumer/Survivor Lunch



NSCSS/Club 90 hosted their consumer/survivor and whipped up a batch of pancakes, served with Tim Hortons muffins and bagels and fruit donated from the Camillus Centre.

This month, we welcomed Carrie Powell from the East Algoma Mental Health Clinic (EAMHC) who spoke about the services they offer our communities. And Malin Johnson with the Counselling Centre of East Algoma who did a presentation on stressors and how to manage them!

A big shout out to the Camillus gang who joined for us for lunch this afternoon, and left us some touching notes to find when cleaning up! (They can be found inside this issue!)



"Thank you for fantastic lunch! Pencils are super cool! Cognitive behavioural discussion was most enlightening! Thank you! The list of programs offered was just...whoa! Very intriguing list of programs!" -Johnathan

THANK YOU FOR FANTASTIC LUNCH!
PENCILS ARE SUPER COOL!
COGNITIVE BEHAVIOURAL DISCUSSION WAS
MOST ENLIGHTENING! THANK YOU!
THE LIST OF PROGRAMS OFFERED WAS JUST...
WOW! VERY INTRIGUING LIST OF PROGRAMS.
Johnathan
TOBISCO
ON TAP

Thank you for opening up your home to me. 4 years ago I got kicked out of Camillus Centre. And my bus was leaving later that evening. The staff at this center let me hang out and play pool until you guys closed.

So thank you very much!
Meekile Krossom.

P.S Thank you for opening up
your home again, and thanks
for the lunch today!

"Thank you for opening up your home to me. Four years ago, I got kicked out of Camillus centre and my bus was leaving later that evening. The staff at this centre let me hang out and play pool until you guys closed. So thank you very much"—Meekile

"PS: Thank you for opening up your home again and thanks for the lunch today :)"

"Thank you so much for such an amazing lunch! I met some really great people like Nancy (and her birds!) and Maggie standing in line was so wonderful to chat with.

Thank you for having us over to tell us a bit about what you do!" - Kayla

Thank you so much for such an amazing lunch! I met some really great people like Nancy (and her birds!) and Maggie standing in line was so wonderful to chat with.
Thank you for having us over to tell us a bit about what you do!
-Kayla Lee
all
11

Thank you very much for the wonderful lunch! Your services are greatly needed.

"Thank you for a wonderful lunch! Your services are greatly needed—anonymous"

Camillus Feedback

Important message to our members

Starting March 1, we are increasing our daily meals to \$2.50 a plate. Meal cards will remain the same price.

5 meals—\$8.00

10 meals—\$15.00

22 meals—\$30.00



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, 3rd Floor, Elliot Lake, P5A 1Y9

phone: 705.848.0229 fax: 705.848.1539

Toll Free: 1-800-256-7299

website: www.elnos.com

From our kitchen

PARMESAN CRUSTED CHICKEN RECIPE

INGREDIENTS:

- 1/2 cup Hellmann's® or Best Foods® Real Mayonnaise
- 1/4 cup grated Parmesan cheese
- 4 boneless, skinless chicken breast halves (about 1-1/4 lbs.)
- 4 tsp. Italian seasoned dry bread crumbs

INSTRUCTIONS:

- Preheat oven to 425°.
- Combine Hellmann's® or Best Foods® Real Mayonnaise with cheese in medium bowl. Arrange chicken on baking sheet. Evenly top with Mayonnaise mixture, then sprinkle with bread crumbs.
- Bake until chicken is thoroughly cooked, about 20 minutes.

A dark gray rectangular graphic with white confetti scattered around the edges. In the center is a large white smiley face. To its right is a white speech bubble containing the text "Your opinion can help us improve". Below the smiley face, the text "ONTARIO PERCEPTION OF CARE SURVEY" is written in white, all-caps, sans-serif font. Below that, "MARCH 16 TO 20" is written in a larger, bold, white, all-caps, sans-serif font. At the bottom, in a smaller white font, it says "All participants of the OPOC survey will be entered to win a \$25 meal card. See Kelly or Laura for more information."

Club 90: APP of the month



Big White Wall



Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events, we'll help you get through it. Check out:

<https://www.bigwhitewall.ca/v2/Home.aspx?ReturnUrl=%2f>

To ensure safety and anonymity, the site is monitored by clinically trained 'Wall Guides', who are online 24/7. We know that finding help when you're distressed can be hard, so our Wall Guides are also there to help you feel welcome and guide you on how to get the most from our services.

- **Community Support:** Connect with others who are experiencing similar issues and share what's on your mind while gaining support and advice.
- **Anonymity:** Your anonymous username allows you to freely interact and communicate without fear of being judged.
- **Creative Outlets:** Design an artistic expression of your thoughts and feelings through our 'Bricks'. Create from scratch or simply upload images and words.
- **Safety:** Safety and security is a top priority for BWW and there are several features in place to safeguard members including: 24/7 moderation by clinically trained 'Wall Guides', privacy rules and security guidelines.
- **Self-Improvement Tools:** Learn tips and find ways of coping using our valuable resources. They give you lots of information about many conditions and topics to help you understand more about your feelings, set goals and track progress.




LEARNING WITH COURTNEY

Our amazing student, Courtney, spent the month teaching and educating members on various topics such as gender, cultural appropriation, smudging, dream catchers and more!



March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10 AM: Clubhouse Cleanup 2:30 PM: Meal prep for the week	3 10 AM Arts & Crafts: Affirmation jar 2:30 PM MMIW presentation with Courtney	4 10 AM Coffee Social 2:30PM: Bingo	Lunch & Learn 5 12 PM: Int. Women's day & healthy relationships with Malin from CCEA	6 10 AM: Coffee social 1 PM: Pet Therapy	7
8 International Women's Day	9 10 AM: Clubhouse Cleanup 2:30 PM Meal prep for the week	10 10 AM: Stepping Stones Meeting 2:15 PM: Art Meeting	11 10 AM Coffee Social 2:30 PM: Bean-Bag Baseball	12 10 AM: Meal planning with staff 2:30 PM: dealing with self-harm	13 Horror Day All the scary movies!	14
15 OPOC WEEK BEGINS: SEE KELLY/LAURA	16 10 AM: Clubhouse Cleanup 2:30 PM: Meal prep for the week	17 10 AM: Arts & Crafts: St. Patrick's theme 2:30 Chair yoga with Kay	18 10 AM Coffee Social 2:30PM: Bingo	19 10 AM: Meal planning with staff 2:30 Improving your sleep quality with Courtney	20 ALIEN DAY All things alien ALL day long! 	21 OPOC WEEK IS OVER
22 World Water Day	23 10 AM: Clubhouse Cleanup 2:30 PM: Meal prep for the week	24 10 AM: Arts & Crafts: Pin Cushions 2:15 PM: Art Meeting	25 10 AM Coffee Social 2:30 PM: Outing – Kathy's Brew <u>Haha</u>	26 Meal planning with staff 2:30 PM the unreality of social media with Jess	27 Board game cafe	28
29	30 10 AM: Clubhouse Cleanup 2:30 PM Meal prep for the week	31 10 AM: Stepping Stones production 2:30 PM Chair yoga with Kay	<div> <p>“Nobody can go back and start a new beginning, but anyone can start today and make a new ending”</p> </div>			