

Community Resources in your hands

355th edition

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



Stepping Stones

MARCH 2021



Reminder:

It is mandatory that masks/face coverings are worn at all times while at the clubhouse. This also includes when you are sitting at a table*.

(*Can be removed for eating only)



We wear our mask to protect you.
You wear your mask to protect us

Frank, Elizabeth, Terry, Carey, Robert, Bonnie, Kal, & Alicia



Stepping Stones created, published and delivered by members and staff of Club 90

Stay Connected:

Check out the official North Shore Community Support Services/ Club 90 page to stay up-to-date on what's happening.

<https://www.facebook.com/nscssclub90/>

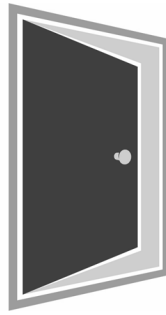
THE MEANING OF LIFE



ACTION FOR HAPPINESS

Be part of something bigger
www.actionforhappiness.org

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



We are resuming our regular day-to-day operations as a social recreation drop-in centre! It has been a long two and a half months, and we are excited to see you all again!

Current health and safety protocols that were set in place prior to the holiday season **remain in full effect:**

- ☐ Masks are to be worn at all times, including sitting at a table behind a sneeze guard. They can be removed during meal times.
- ☐ Six feet social distancing
- ☐ During meal time, remain seated until your name is called to get your plate.
- ☐ All members must participate in the cleanliness and safety of the clubhouse and are responsible for cleaning and sanitizing where you sit and any objects touched.
- ☐ Everyone entering the clubhouse (even for a brief moment) must be screened at the front desk.
- ☐ **If you have been in a setting in the last 14 days that has been identified by Public Health as a risk for acquiring COVID-19, we ask you to refrain from coming to the clubhouse unless a negative test result is shown.**

Club 90: APP of the month



Headspace



Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment.

You can try Headspace for yourself and learn the essentials of meditation and mindfulness with our free Basics course. If you enjoy it, then it's time to subscribe. Once you do, you'll have bite-sized minis for when you're short on time, exercises to add extra mindfulness to your day, and hundreds of meditations on everything from stress to sleep.

Monthly cost: \$12.99

Annual cost: \$69.99

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



Name: _____

March Word Search



MARCH

AUTUMN

ST PATRICKS DAY

EASTER

PASSOVER

PISCES

ARIES

GOD OF WAR

DAFFODIL

BLOODSTONE

IDES OF MARCH

SPRING

KITE

WINDY

LAMB

© Monsterwordsearch.com



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**

**We are
here to help**

**Nous sommes
là pour vous aider**

Available by phone

Michael Mantha MPP
Député Algoma-Manitoulin

705-461-9710

From our kitchen

Green Bean Casserole

INGREDIENTS:

- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup **or** Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
- 1/2 cup milk
- 1 teaspoon soy sauce
- 1 dash black pepper
- 4 cups cooked cut green beans



INSTRUCTIONS:

Step 1

Stir the soup, milk, soy sauce, black pepper, beans and 2/3 cup onions in a 1 1/2-quart casserole.

Step 2

Bake at 350°F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions.

Step 3

Bake for 5 minutes or until the onions are golden brown.

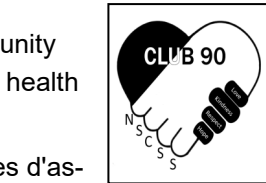
Who we are:

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.

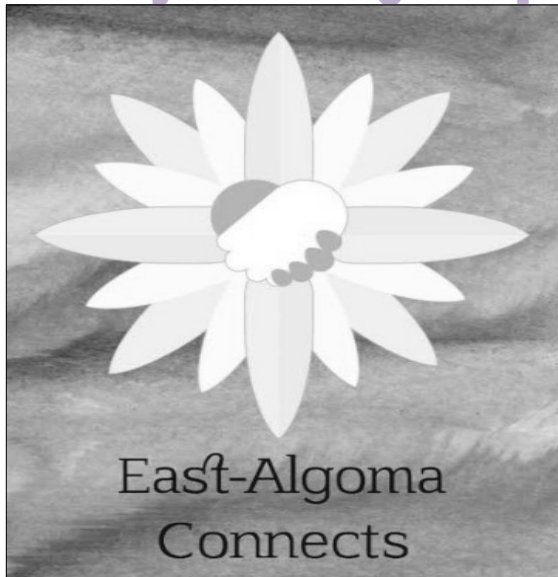


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



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.



I-CHEF

I-CHEF is a new program designed to help registered members of the Club 90 program experience new recipes and foods.

How does it work?: Staff put together single-serving meals by measuring out ingredients and packaging them up individually into a brown bag before being delivered. Each bag has enough ingredients for a meal as well as a step-by-step recipe and direction card.

Who participates?: 10 members are chosen at random and called early in the week. On Fridays between 2 p.m. and 3 p.m., those who agreed to participate in this pilot program are delivered the food. The following week a new callout occurs with 10 new participants asked to participate!

Feedback: How do we know if it's a success? Well, that is where you come in! We will be touching base with the members who participated to get their feedback on their experience!

Note: As we are at the very start of this program, (and we are human) we are working out all the kinks in the process. To be fair to everyone, we are trying our very best to make sure we can include everyone in this program!

****This program is based on funding****



Café unit kitchen gets makeover

Kelly and Laura were busy getting the café unit in tip-top shape for when we reopen by giving the kitchen a fresh new coat of paint to liven the space up.

Club 90 Cafe Unit Prices

Suppers (Mon to Fri) are served at 3:30 p.m. sign up by 1 p.m.

Lunches (Tues & Thurs) served at 12 p.m. sign up by 11 a.m.

MEALS AND LUNCHES

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

DRINKS

Coffee25\$
Tea25\$
Pop50\$
Bottle Water50\$

We may not have pop/water

MEAL CARDS

5 meals	\$8
10 meals	\$15
22 meals	\$30

Speak with a MHW to buy card

COFFEE/POP CARDS

10 coffees.....	\$2.50
22 coffees	\$6

Speak with a MHW

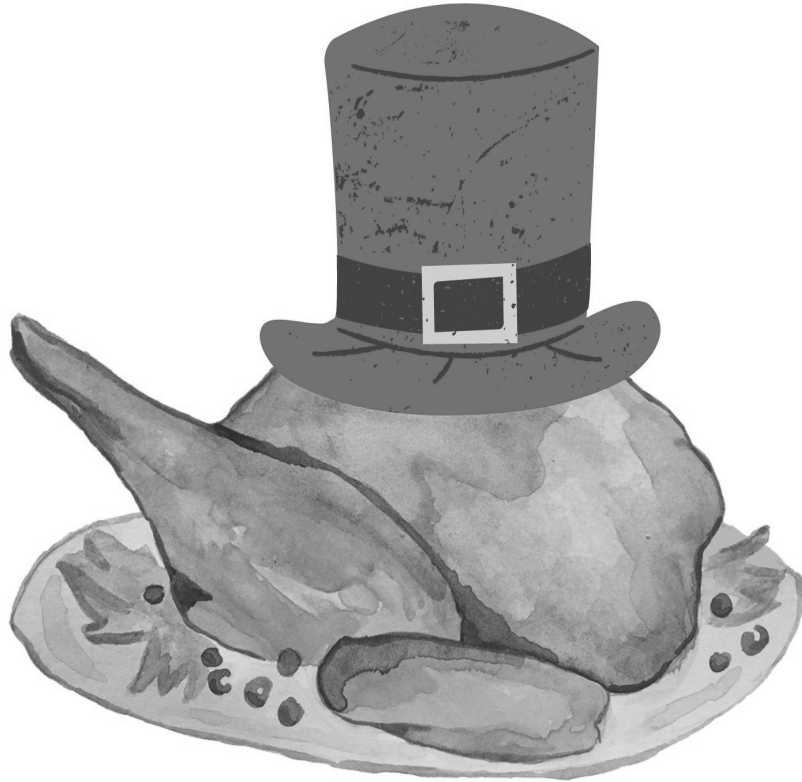
For health & safety, please do not line up for meals but rather wait to be called by staff to grab plate.

Thank you



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.



St. Patrick's Day Lunch & Supper

Free

**Turkey Lunch (11:30 am) and Supper (3 pm)
Wednesday, March 17th, 2021**

**Seating is limited to 10 people per time slot,
sign up in advance.**

Deadline to sign up is Friday, March 12th, 2021

Recognizing healthy and unhealthy coping mechanisms

Each day we are faced with multiple interactions, scenarios and thoughts that make us uncomfortable, stressed, upset etc. When these moments occur we practice coping skills, but sometimes a situation arises that we are unsure how to deal with.

So what is coping? Coping means to invest your conscious effort to solve personal and interpersonal problems in order to try to master, minimize or tolerate stress and conflict. These skills are important because they dictate how a person will handle a stressful experience. The use of coping skills can help improve one's mental and emotional well-being.

Healthy coping skills:

- 1) Support: Talking about what is causing you stress with a supportive person can help you manage the stress and talk through what you are feeling.
- 2) Relaxation: Deep breathing, meditation, sitting in nature are a few ways that can help you cope.
- 3) Humor: While there is a right place/time for jokes, humor can prevent a situation from becoming overwhelming.
- 4) Physical activity: What is good for the body is good for the mind. Take a walk with a friend (or while listening to some music), dance, play sports. Anything that gets you moving.

Unhealthy coping skills:

- 1) Escaping: Isolating yourself from friends and family and spending more time reading,. Watching TV or online.
- 2) Unhealthy self-soothing: This includes over-eating, binge drinking, drug use, spending too much time online.
- 3) Numbing: The person will look for activities that will drown out their distress, this can overlap with unhealthy self-soothing/escaping.
- 4) Self-harm: People may engage in self-harming behaviour to cope with stress or trauma.