

## 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)	(705) 578 2790
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 Support .....	.....1-800-721-0077
WARM LINE.....	.....1-866-856-9276

# STEPPING STONES

MAY 2023

EDITION 380

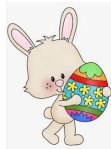


**IT'S MENTAL  
HEALTH WEEK**

# CLUB 90



# Easter Dinner



Our Easter dinner was a huge success! A big "thank you" goes to Scott who played music for us. To all the volunteers that came and helped out in the kitchen, on the floor, and screening people as they came in. Alois was our winner for this years Easter Basket and Glenn won the Jellybean count. There were 289, and Glenn guessed 270 for the win. CONGRATULATIONS!! See you next Easter.



# Models By J.R.B Gibbons



This month, J.R.B Gibbons has displayed 4 models for everyone to admire. First, we have a Type 97 Chi Ha Medium Tank. Next to it is a Japanese Infantry man. There is a Vought F4U Corsair which is an American Fighter Aircraft. Last but certainly not least, a PT 109 Patrol Boat from WWII.



# YESYOU CAN EMPLOYMENT CONSULTING

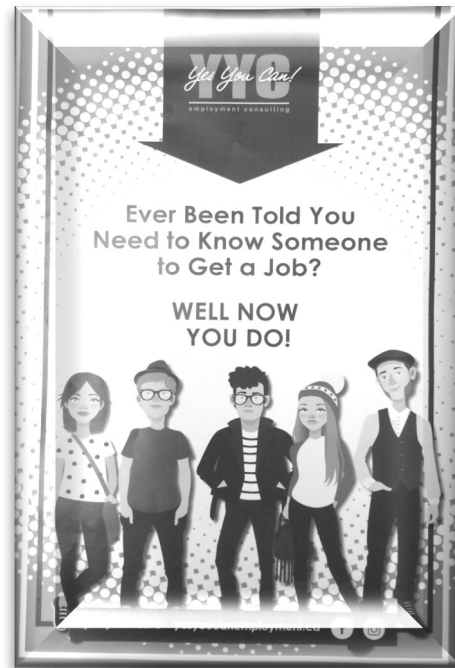
Two consultants From the YesYouCan in Saulte Ste. Marie, Renee and Trina, will be coming to Club 90 to discuss all that can be offer, and answer any questions you may have.

YesYouCan is committed to ensuring equal access and participation for people with disabilities! We are committed to treating people with disabilities in a way that allows them to maintain their dignity and independence.

We believe in integration, and we are committed to meeting the needs of people with disabilities in a timely manner. We will do so by removing and preventing barriers to accessibility and by surpassing our accessibility requirements under Ontario's accessibility laws.

## FREE:

- Customized Resumes
- Interview Help and Practice
- Training Courses and Devices
- On the Job Support
- Support for up to 3 Years



Here is some information about Why we celebrate Victoria Day.

- ◆ Victoria Day is a federal Canadian public Holiday celebrated on the last Monday preceding May 25th to honour Queen Victoria.
- ◆ Victoria Day is a federal statutory holiday, as well as a holiday in 6 of Canada's 10 provinces and all 3 Territories
- ◆ Mid-19th century, the monarch's birthday was more of a military occasion than a civil celebration, as it was the day when able-bodied men in the colony assemble into their militia units for their compulsory military training, as well as attended reviews and celebrations in commemoration of the monarch.
- ◆ Shortly after the Canadas were united into the province of Canada, the Parliament sought to create a new public holiday that would form common ground between English and French Canadians, helping them transcend their religious and cultural differences. The birthday of Queen Victoria was selected to be transformed into a public holiday, as it was a date that appealed to both English and French Canadians. At the time, loyalty to the crown was seen as a key trait that distinguished Canada from the United States and the monarchy was viewed as a "guarantor of minority rights" in the colony. The Queen's birthday was officially designated as a public holiday by legislation passed in 1845, transforming the date from military event to a civilian holiday and making it Canada's now-oldest official holiday.
- ◆ A group of prominent Canadians actors, authors, and politicians sent, in 2013, a petition to Prime Minister Stephen Harper, requesting that the holiday be renamed "Victoria and First Peoples Day", to provide Canadians with the opportunity to honour both Crown and the Indigenous people of Canada, which do share relationship.

## Are your taste buds in need of some excitement??



Maybe its time for you to contact Tammy to become your own personal chef at home!

Your weekly iChef meals come with all the ingredients for you to work your magic in the kitchen, along with instructions.

It's as easy as the step by step instructions that come with your meal...

1. Contact Tammy before 4pm on Thursday's to sign up.
2. Pick up your iChef meal from Club 90 between 2 pm and 4:30 pm on Friday.
3. You decide over the weekend, when is the best time for YOU to become a Chef.
4. Share your iChef journey with your friends and staff. Either at Club 90 or find us on Facebook at **NSCSS/Club 90** and post your iChef experience.



**iChef**



Club 90 Café Unit is looking for YOU if you are interested in the kitchen.

Do you have a favorite recipe that you want to share, request, or even cook for your friends at Club 90?

Please contact Tammy at [supportmh@nscss.com](mailto:supportmh@nscss.com) or (705) 848-2879

### Meal Cards

5 Meals for \$10  
10 Meals for \$20  
20 Meals for \$40

### Drink Cards

10 Drinks for \$5  
20 Drinks \$10

Call Club 90 before 11 am on Tuesdays and Thursdays to find out what the Free Surprise Lunch will be for that day.

Supper's are still served Monday to Friday at 2:30pm and 3:30 pm

Please contact Tammy at [supportmh@nscss.com](mailto:supportmh@nscss.com) or (705) 848-2879

**Happy Birthday**

Wishing a Happy Birthday

to:

Diane F, Glen, Lynn, Sherry, James, Francine, Bonnie, Nicole, Diane Q, Janice, Nancy Marie, and Maurice



Thank you to all the chefs of the day!

Wonderful job to all those who helped in the kitchen this month. Thank you!1

Diane, Heather, Alice, Laurent, and Chester

# Donations

Club 90 is looking for Gardening Donations

- \* Planting pots
- \* Seeds of any kind
- \* Gardening tools
- \* Books on gardening
- \* Earth



Please drop off at Club 90 from Monday to Friday from 9 am to 5 pm.  
Please, DO NOT leave anything outside the door unattended. Please contact Melanie at (705) 848-2879 for further information. Thank you

## Mental health and mental illness:

### what's the difference?

- Mental health and mental illness are often used interchangeably, but they are not the same thing.
- “Mental health” is a concept similar to “physical health”: it refers to a state of well-being. Mental health includes our emotions, feelings of connection to others, our thoughts and feelings, and being able to manage life’s highs and lows.
- The presence or absence of a mental illness is not a predictor of mental health; someone *without* a mental illness could have poor mental health, just as a person *with* a mental illness could have excellent mental health.
- Problematic substance use is sometimes linked to poor mental health or mental illness; it can be a coping strategy for untreated trauma, pain, challenging thoughts or emotions, or other health symptoms.

For more information, please go to the link provided.

<https://cmha.ca/brochure/fast-facts-about-mental-illness/>

**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**

# May 2023 Horoscope

The month of May is pretty rewarding for the Taurus zodiac sign. You will be filled with love and adoration from your near and dear ones. All the problems you have been facing in your relationship for a long time will finally start getting better this month. However, one necessary suggestion for Taurus horoscope to work in favor is to keep a check on your temperament. Many difficulties you are going through in your relationship are because of that. You are likely to cross a milestone in your long-term relationship in the month of May

Other than that, Taurus financial horoscope also seems fine. May will reward you with many financial benefits which will further make changes in your lifestyle and priorities. Meanwhile, learn to be vocal and outspoken about the things you do at work. Taurus horoscope shows that most of the damage you suffer in your career is because of your introverted nature at work.

## Tips for Taurus Horoscope in May

- Chant "Om Rahave Namaha" daily 108 times.
  - Do Havan Yagna for Rahu on Saturday.
  - Perform food donations to women on Fridays
- Important Dates:** 7, 11, 16, 19, 28, 31



## 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:



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

 Find us on  
Facebook

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

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



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

We are  
here to help

Nous sommes  
là pour vous aider



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

# Toothpaste?!

Did you know that Toothpaste can be used to clean the toughest grime? Here is a list of fun facts that might just blow your mind.

- Polish bathroom fixtures
- Removes soap scum
- Cleans the bathroom sink
- Scrubs the toilet clean
- Cleans a curling iron or hair straightener
- Cleans the rubber trim on sneakers
- Removes scuffs on leather and vinyl shoes
- Gives jewelry a new shine
- And, removes crayon marks from walls

**Give it a try and let us know how it worked out!**

## CAN YOU FIGURE OUT WHAT THE ANSWERS ARE TO THESE 2



1) What goes up, but never comes down?

2) A cowboy rode into town on Friday. He stayed for three nights and rode out on Friday. How is this possible?

Call or come into Club 90 and let Melanie know what you think the answer is. 705-848-2879

*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*

## 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



# COMMUNITY MENTAL HEALTH EVENT

When

**May 4th, 2023  
9:30 am - 4:30 pm**

Where

**Collins Hall**  
120 Hillside Dr N, Elliot Lake, Ontario



**FEATURING •  
Non-profit agencies;  
Activities for children;  
Yoga sessions**

coffee donated by  
*Tim Hortons.*



Elliot Lake Child and Family Centre  
Algoma Family Services  
Emergency Medical services  
Ontario Provincial Police  
Seniors' Mental Health  
North Shore Community Support Services  
Community Mental Health  
Canadian Mental Health Association Algoma  
Children's Aid Society  
Algoma Public Health  
Bear Wise  
North Shore Search and Rescue  
RAFO Rive Nord  
Counselling Centre of Algoma  
MNRF  
Fire Department  
Coureur de bois  
Counselling Centre  
Search and rescue  
Employment option  
And more...

**FOR MORE INFORMATION,  
YOU CAN CALL  
FRANCINE @705-848-6669  
Francine.bolduc@elliottlakefamily.com  
AT THE  
ELLIOT LAKE CHILD & FAMILY CENTRE**