

## 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
Beehive	(705) 461-3912
Camillus Centre	(705) 848 -7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848-2287
Karis Disability Services	(705) 789-1725
Community Living Algoma (CLA)	(705) 848-2475
Counselling Centre of East Algoma	(705) 848-2585
East Algoma Mental Health & Addictions	(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) 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	(705) 253-2001
Salvation Army	(705) 848-2417
Suicide Crisis Helpline	9-8-8
Supportive Independent Living	(705) 461-9561
After Hours Crisis Support .....	.....1-800-721-0077
WARM LINE.....	.....1-866-856-9276

# Club 90 Stepping Stones

392nd Edition

May 2024

Mental Health Week 2024

**A CALL  
TO BE KIND**



Because  
compassion  
connects us all.

Join Club 90's celebrations  
May 6th to the 10th  
Check page 2 for our schedule!



# Mental Health Week

## A Call to Be Kind

JOIN us at  
Club 90!

Monday May 6<sup>th</sup>/2024

### EVENTS

10am	Clean up and Beautify our flower bed.	Plant seeds for Mental Health
11am	Be kind to the environment.	Pitch in to cleaning up Paris Drive.
1pm	Be part of a Chain of Kindness!	What is kindness to you!
3:30pm	Spagetti Dinner for all our amazing helpers!	With Ceaser Salad and Garlic Bread Please Call!

Tuesday May 7<sup>th</sup>/2024

### EVENTS

10am	Painting Rocks for our front garden!	Colours of Joy!
10am	Come in and design your own "slap" bracelet.	Decorate a gift for someone!
1pm	Goofy Karaoke	The best singing moments of your life start here!
3pm	Build your own pizza Please sign up!	This is your time to be creative


Wednesday May 8<sup>th</sup>/2024

### EVENTS

10am	Bingo and Board Games	Make a Day of it! Games bring people together!
11am	Treat yourself with Breakfast at Club 90 Reserve your spot 705-848-2879	Come in and enjoy scrambled eggs, waffles and breakfast sausage.
12:00	Game Console Day	Virtual games like bowling, darts, Mario and car racing
1pm	Try Homemade Ice-Cream made right here at Club 90!	Choose your own toppings!
2:00	Games continue	FUN FUN FUN

Thursday May 9<sup>th</sup>/2024

### EVENTS

10am	Choose  KINDNESS.	
11am	Kind-tivity with Terri	Brain teasers to inspire kindness.
12-3:30 pm	Fundraising BBQ Open House	Homemade Bake Sale and BBQ
12pm	Information Tables with community partners!	Meet some kind people!
1pm	Music by Scott Horrocks	

Friday May 10<sup>th</sup>/2024

### EVENTS

11am	Kind-tivity with Terri	Brain teasers to inspire kindness.
1pm	Tournaments: Bean Bag Toss Pool And Popcorn	Get ready! You got this! Let's flavor it up!
3:30	Chicken Clubhouse Sandwiches with Mac and Potato Salad	Please sign up!

Celebrating Mental Health Week together!

705-848-2879



10 Paris Drive, Elliot Lake – 705.848.2879

CMHA Mental Health Week May 6-12, 2024

MentalHealthWeek.ca

# A CALL TO BE KIND



Because  
compassion  
connects us all.

#CompassionConnects



Canadian Mental  
Health Association  
Mental health for all

### Easter Dinner at Club 90.

*Members had a blast: Everyone enjoyed a Ham dinner with a little Easter treat to bring home. Members also made beautiful Cupcake desserts for everyone to bring home!*



## *Creative Minds!*



Every Thursday here at Club 90 members get together and play board games. Many different games are played but one of the favorites is a board game named **Karak**.

Karak is about the catacombs of Karak. You get to use your creative side to make paths, attacks on monsters with the special powers each character has. The goal of the game is to collect treasure chests to defeat the dragon.

Karak is a fun and easy game to learn. Members came up with their own rewards when the game is won, like chocolate coins or small prizes.

Playing board games is a perfect way to meet new people from our community and create new friendships.

Everyone is welcome to join in!





We are asking all members to please get in touch with a Mental Health Worker to update your files. We are asking for your current address, phone numbers, and emails.

Please call at 705-848-2879 or email [mhsupport@nscss.com](mailto:mhsupport@nscss.com) or even better, come in person and have a cup of java on us.

We are happy to connect with you by mail, email, phone and, of course, face-to-face!

STAY IN TOUCH!!



*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*

## NOT SURE WHO TO CALL?



In order to help reduce the number of calls to the emergency line and to help citizens receive help as quickly and efficiently as possible the City of Elliot Lake and the local OPP have teamed up to create this resource with the contact numbers for different emergency services and resources.

### City of Elliot Lake Contact Numbers

#### **911 - In Emergencies ONLY**

- **Police:** Non urgent reporting: 888-310-1122

Minor crimes that have no injuries, suspects, or evidence can be reported online at [opp.ca/reporting](http://opp.ca/reporting).

- **Sudbury Rainbow Crime Stoppers.** Tip Hotline: 800-222-8477 [www.sudburycrimestoppers.com](http://www.sudburycrimestoppers.com)

Tipsters can report information on criminal activity, will remain 100% anonymous, and could be eligible for a cash reward of up to \$2,000

- **Fire:** Emergency - 911

705-848-3232

- **Ambulance:** Emergency - 911

Non Emergency: 1-800-461-5100

- **City By-Law Office:** 705-848-2287 ext. 2119

Property standards, snow removal, animal complaints, etc.

- **Canadian Anti-Fraud Centre (CAFC):** 1-888-495-8501

- **Mental Health/Community Support: Counselling Centre of East Algoma:** 705-848-2585

**AFTER HOURS Crisis Services Sault Area Hospital:** 800-721-0077

- **Poison Control Centre:** 1-800-268-9017

- **Hydro One:** 1-800-434-1235

- **St. Joseph's General Hospital Elliot Lake:** 705-848-7181

For additional resources and information please use the City of Elliot Lake Services / Clubs Directory found on the City Website:

[www.elliottlake.ca](http://www.elliottlake.ca)



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)

*Proud supporter of the Club 90 program*



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Located at:

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



## 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

# Awesome Talent!



Ivan spent 2 weeks at Karis Disability Services here in Elliot lake working on his wood burning plaque. Ivan told us in detail how he made his picture of a transport truck hauling a loader. He said he chose a picture and traced it on the wood, he then used a wood burning tool to carve the picture in the wood. His commitment to this project is evident and he is thrilled with the results. Way to go IVAN!



<https://www.algomapublichealth.com/disease-and-illness/infectious-diseases/covid-19/protection-from-covid-19-in-algoma/>

## Wearing a mask is one way to protect yourself and others.

A mask acts as a barrier. Masks are one of the most effective individual public health measures that we can use to protect ourselves and others from COVID-19. When layered with other preventative measures—such as vaccination, hand washing, physical distancing, and staying home when ill—a well-constructed, well-fitting, and properly worn mask can help prevent you from getting COVID-19 and spreading COVID-19 to others.

A mask can protect others from potential COVID-19 droplets you may spread and prevents you from breathing in infectious respiratory droplets from others. We should all do our part to reduce transmission of COVID-19 within our communities and protect the most vulnerable and our health care system.



## Kindness Day



-WORD SEARCH-

D	E	E	D	S	A	F	G	U	C	E	T
R	C	U	L	M	R	R	N	N	O	D	H
G	A	E	O	I	E	I	K	D	M	P	O
I	R	T	V	L	S	E	T	E	P	A	U
V	I	A	E	E	P	N	R	R	A	T	G
I	N	N	C	H	E	D	O	S	S	I	H
N	G	O	A	E	C	L	P	T	S	E	T
G	I	D	E	E	T	Y	P	A	I	N	F
S	H	A	R	I	N	G	U	N	O	C	U
G	O	O	D	N	E	S	S	D	N	E	L
L	V	H	E	L	P	F	U	L	E	F	S
P	O	L	I	T	E	R	A	H	T	L	U

- smile
- giving
- thoughtful
- goodness
- understand
- donate
- sharing
- support
- patience
- friendly
- grace
- polite
- respect
- caring
- love
- compassion
- helpful
- deeds

Mrs J's Resource Creations®



## Wishing a Happy Birthday To:

Diane, Glen, Sherry, James,  
Francine, Bonnie, Maurice and  
Georgi!

## *Club 90 helps saving the Planet!*

Club 90 has recently installed a Sensory Filtered Water Bottle Fountain delivering fresh and cold drinking water. This fountain provides germ free access to water in comparison to the old drinking fountains that had a spout that people shared to drink. By using the fountain we are preventing fill-up of our landfills with plastic water bottles. So far Club 90 has saved the environment from 148 plastic bottles landing in the landfills, helping to save our Planet !!



Members have been hard at work getting things ready for the upcoming Mental Health Week. Baking for our Bake Sale, decorating our club with positive affirmations and getting our Daisy Seeds to pass out. Hope to see you the week of May 6th to May 10th here at Club 90!





# 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.

**705-461-3663**

PHONE



## 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**

## Michael Mantha

MPP, Algoma-Manitoulin

**Working for  
Northern Ontario**

**Travaille pour  
le nord de  
l'Ontario**



michaelmantha.com | 1-800-831-1899

## 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:**

