

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
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

November 2019



341th edition

**We are
here to help**

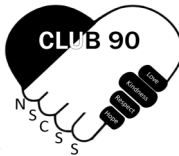
**Nous sommes
là pour vous aider**



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

FUN STOP: Find the logo

Look throughout this month's edition of Stepping Stones and try and find the NSCSS/CLUB 90 logo!



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

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Ontario

Local Health Integration
Network
Réseau local d'intégration
des services de santé

let's do lunch

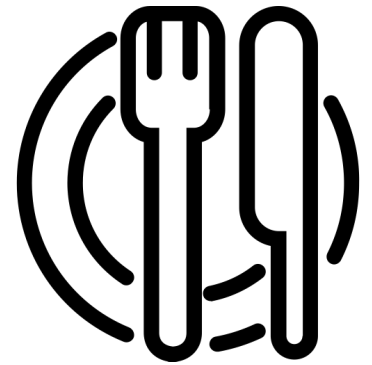
FREE MEMBERS LUNCH AT CLUB 90

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

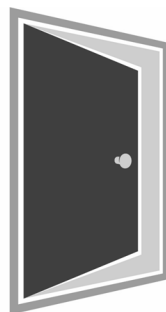
Please call in by 1:00 pm for
your dinner for \$2.00 reservation:
705-848-2879



Come out and Celebrate on Nov. 22 for the birthdays of:

**Tom, Tracy, Deborah, Guy, Heather, Jessica, Jo-Salina,
Stephen, Cheryl Lynn and Christopher!**

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

**hello
NOVEMBER**

Welcome to November! This month we are going to show our support to the men in our communities with Movember! This awareness campaign is to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

We are two months away from a new year! Is 2019 everything you thought it would be? Do you have any new goals for 2020? Or ones you want to keep working on? The Mental Health Workers are here to help you review your goals and stay on track! See the What's Happening calendar to see when!

This month we are going to stretch the rainy blues away! Our friend Kay has graciously donated some of her time to come in and "Stretch with Kay" She will help you learn easy movements to get you moving! November is also Remembrance Day. We encourage everyone to participate and meet us down at the Elliot Lake Cenotaph for this day of remembering. We will also have the ceremony streaming here at the Club.

We are never too old to learn something new and want to engage members in the educational aspects of what we offer. Come out for our Lunch & Learn. These will be held on Thursdays at 12 p.m. in the board room of Club 90. Come enjoy a free meal while you learn! For more information see inside!

We will also be hosting our monthly consumer/survivor breakfast on Nov. 14. Make sure to sign up to ensure we have enough for everyone!

Club 90 receives donation



October 10 was a special day here at Club 90. We celebrated our annual Thanksgiving Dinner, it was World Mental Health Day and we were the fortunate recipients of a generous donation made from our friends from the Order of the Eastern Star.

Pictured here is Matron Patricia Marshall gives Club 90 ED Anke Lansky-Johnson a cheque for \$2,358.83

We took our monthly breakfast on a field trip

This month we changed things up a bit and went out rather than stayed in for our consumer/survivor breakfast. With the City of Elliot Lake hosting their Wellness Fair, we thought we would head to the Collins Hall and empower people to get community information for themselves. Stay tuned for information on our November breakfast.

Attention hydro uses: expect an increase on your bill starting November

Every six months, the Ontario Energy Board (OEB) increases their energy rates for the peak hours. Normally, these increases reflect a few cents.

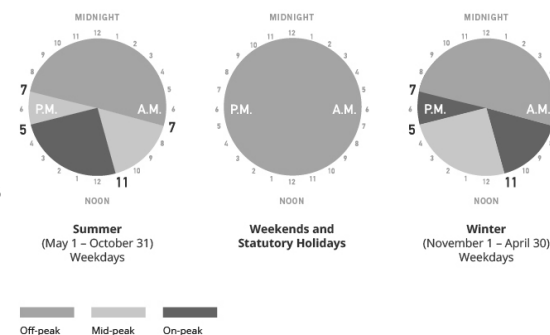
Starting November 1, a household that uses 700 kWh per month will see an increase on their bill of \$1.99, or 1.8%.

With changes in legislation, prices on the Electricity line are increasing so that they once again closely reflect the forecast cost of supply. As well, the increase in prices reflects the fact that the forecast cost of supply has gone up relative to what it was on May 1, 2019 due in part to refurbishment of nuclear facilities and new generation facilities coming online.

How you can reduce usage:

While we can't escape paying the charges, you can see small reductions on your bill if you use according to TOU (time of use). If you have a

load of laundry to do, try and save it for off-peak hours and weekends. (Weekends and holidays are off-peak rates).



Upcoming rates to expect starting Nov. 1:

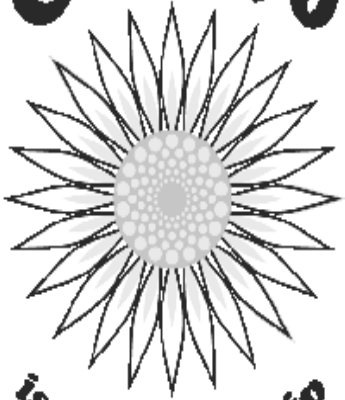
Off-Peak (7 p.m. to 7 a.m./weekends/holidays) - 10.1 ¢/kWh

Mid-Peak (weekdays 11 a.m. to 5 p.m.) - 14.4 ¢/kWh

On-Peak (Weekdays 7 a.m. – 11 a.m. and 5 p.m. – 7 p.m.) - 20.8 ¢/kWh

What is Club 90?

Club 90



is for Friendship
and Recovery

Club 90 is a **Psychosocial Rehabilitation Program** for adults with chronic mental illness in Elliot Lake and the surrounding area. Through support and sharing, members and staff provide a place to belong, a warm place, where members can achieve new levels of esteem and confidence in an atmosphere of stability and challenge.

MEMBERSHIP:

Membership is free to adults (16+) with chronic and severe mental illness who are experiencing emotional stress, or who are socially isolated.

Membership of Club 90 means that an individual has both shared ownership and responsibility for the success and growth of this organization.



The kitchen was full of people and food as many came together to prepare a delicious Thanksgiving supper for many.

Club 90 prepares annual Thanksgiving Day supper

It was a full house on Oct. 10, as the club hosted their annual Thanksgiving Day supper. The air was filled with the aromas of turkey, ham, potatoes, gravy and more as members along with volunteers and staff prepared a traditional supper in the kitchen.

We had excellent decorators that came in before the club opened to move tables and make the common area more festive for the holidays.

By supper time, we had every seat filled and served 62 people that night.

We want to give a big thank you to everyone who volunteered their time and came in before and remained after to help decorate, serve and clean up! It was an excellent day and we look forward to our Christmas supper in December!

A big Club 90 **THANK YOU** for all that helped out!!

Eco-Mat @ Paris

Located in the Paris Plaza
at 10 Paris Drive

Free WIFI
available
to our customers

Offering wash & fold services, pay per use machines
and an onsite seamstress

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.

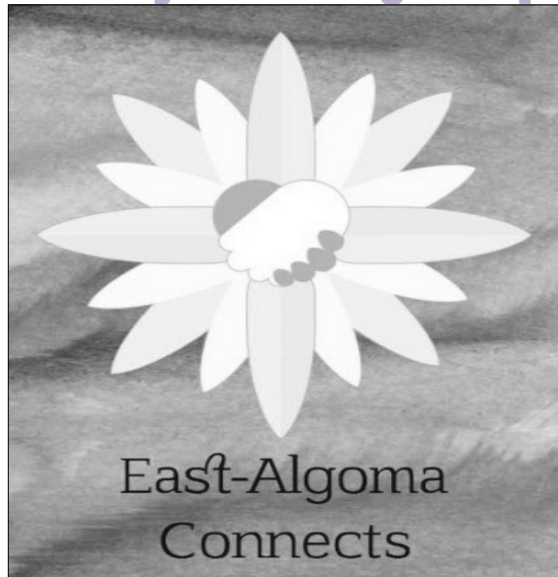


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



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 **helplines** 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

Located in the Hillside Plaza

Mindful Self Reflection Journal

What do I love the most about life?

What are 3 qualities I love the most about myself?

What's my biggest pet peeve and why?

In what ways do I impact others around me?

What 3 things take up the majority of my time?

Love is Holistic Living

Dear empaths: you don't need to sacrifice your needs for others

What is an empath?: Empaths are usually individuals who have an ability to sense what people around them are thinking and feeling. While this does sound almost like a superhero trait, it can sometimes leave the empath feeling a multitude of emotions and wanting to help the other person(s). Overtime, this can take a toll on the empath's own needs and mental health. Here are some ways to stop sacrificing yourself for others.

1. **Recognize that you do not know what they are thinking:** A lot of the time when we try to help others, we paint detailed images in our mind about the past, present, and future. This may include what they're thinking, what they once thought, what they're feeling, how they once felt, how they acted in the past, and how they will act in the future. The problem with all of these mental images is, we can never truly know!
2. **See where it's making you secretly resent people:** Try and notice when you are starting to resent people because of your obsession with helping them. If you feel agitated, frustrated, or annoyed by the burden of managing their feelings and needs, this is usually a clear indication that you, as an empath, need to take a step back.
3. **Put your own safety first:** You can't help anyone if you can't help yourself. When you notice that your health is starting to suffer as a result of your attempt to help other people, you need to take some guilt-free time for yourself. When your batteries are recharged, then maybe you can try and lend a helping hand again, but until then, focus on self-care. You have a limited amount of energy; use it wisely.
4. **Realize that it's not your job:** It's hard to realize, but it's not your job to save the world, and oftentimes people don't actually need saving.
5. **Let other people solve their own problems:** We don't realize that we can control a lot less than we think, and that's okay. You can never control what another person does, or thinks, or how their life ends up. To do so will only make you tired, and them frustrated.

LUNCH & LEARN

Come eat while you learn! Sessions run from 12 to 1 p.m. Sign up at the front desk or speak with Jess/Kerry.

Nov. 7: Why getting mad is healthy

Nov. 21: Don't ignore the red flags

Lunch is still provided for those not interested in attending



Yummy cookies donated to Club 90

Club 90 was gifted a box of girl guide cookies with a note that read:

"This case of Girl Guide cookies is gifted to you and serves a few purposes. My purchasing the cookies has helped me to support my great-great nieces, Ellie and Cobie, with their fundraising even though I live a days journey away from them. It allows me to support the Canadian Girl Guides a good cause that teaches young people life long skills.

Gifting the cookies teaches the girls how one can be kind, thoughtful and generous toward people they don't know.

Enjoy the cookies at your meetings or coffee/tea time. Blessings and good fellowship to all!"

Club 90: APP of the month

Ecosia

If you had the ability to plant a tree with the ease of a simple internet search, would you do it?

That is what Ecosia let's you do. Started in 2009, the search engine was created after the founder of Ecosia travelled the globe to understand the deforestation problem.

The search engine keeps track of how many clicks they get. According to Ecosia FAQ's, it only takes 45 search engines to plant one tree. The search engine is ad-based, which is how Ecosia purchases the trees they need and have distributed them places such as Peru, Morocco, Brazil, Nicaragua, Ethiopia and more.

The browser can be added to a Chrome extension by heading to ecosia.org.



facebook.com/nscssclub90



twitter.com/shore_support



instagram.com/nscss_club90/

DID YOU KNOW WE'RE ON SOCIAL MEDIA?

Check us out to see what we have going on, what we are planning to do or what we have been up to

BE PROUD OF YOURSELF IF YOU

got out
of bed



brushed
your teeth



ate a
meal



showered
or bathed



cleaned up
your room



drank
water



OR JUST BREATHED TODAY.

"SIMPLE" ACCOMPLISHMENTS
DESERVE RECOGNITION.

@jnt.designs

Club 90 looking for recipes for cook book



As you may know, Club 90 members, volunteers and staff are in the kitchen everyday cooking and baking. So we want to share some of our yummy recipes.

While we feature a "From Our Kitchen" section in our monthly newsletters, we are looking to add some spice into the mix and are putting a call-out for you to share some of your favourites recipes with us and create a Club 90 community cook book!

We are looking for meals that are budget friendly and easy to make. Send submissions to mhsupport@nscss.com



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

Yummy Pizza Soup

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1/2 cup fresh sliced mushrooms
- 1 onion, chopped
- 1/4 cup chopped green bell pepper
- 2 (14.5 ounce) cans stewed tomatoes
- 8 ounces sliced pepperoni sausage
- 1 cup beef stock
- 1/2 teaspoon dried basil



INSTRUCTIONS:

1. Heat oil in a saucepan over medium heat. Stir-fry onions, mushrooms, and green pepper until soft but not brown.
2. Add tomatoes, stock, pepperoni, and basil. Cook until heated through.
3. Sprinkle cheese over each bowl, and broil to melt.

