

## Community Resources in your hands

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
Canadian Mental Health Association Algoma	(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 (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

363 edition

NOVEMBER 2021

NSCSS  
CLUB 90



**CLUB 90 IS**  
**CELEBRATING**  
**30 YEARS!**





# CLUB 90 CELEBRATES

YEARS

30



**FINANCIAL BOOST:** Local chapter members of the Ontario Friends of Schizophrenics made a financial contribution to Club 90 co-ordinator Anke Lansky-Johnson and staff members Angela Holmes and Cam Ashley.  
(Photo: Lynne Chagnon)

## People feel safe at new centre

By LYNNE CHAGNON  
of The Standard

**ELLIOT LAKE** -- The opening of Club 90 has given Marie a reason to get up in the morning.

"It sure beats sitting in the mall smoking cigarettes all day, because there is nothing better to do. Now I know I have somewhere to go, a purpose," she explained.

Marie is one of 10 people who have already joined the new drop-in centre for people who have had emotional problems.

"It's a place where people can feel safe and be accepted as they are," said co-ordinator Anke Lansky-Johnson.

"It's a comfortable, relaxing environment where people can develop friendships and have a sense of fellowship within the club."

The club employs two full-time and one part time staff but they are only there to help the members get organized.

There is already a membership council in place that meets once a month with staff to discuss concerns.

Members create the monthly newsletter, do clerical work, cook a hot lunch daily, and keep the centre clean.

They also organize special events such as barbecues, hikes, exercise programs and movie nights. Future plans include planting a garden behind the centre and painting a mural on the wall.

"The members are helping us at this point but eventually they will be running the centre," said Lansky-Johnson.

The centre is now open only during the day but that could change with events planned for the fall.

"We hope to start a volunteer program so people can come in and share their specialty -- such as crafts or computers."

Lansky-Johnson has also been busy making presentations to local service clubs, social agencies and school classes have visited the centre.

"I plan to see everybody eventually, because the stigma about mental health is still here.

"It can happen to anybody at any time."

The club is a rehabilitation program of the Canadian Mental Health Association. It is funded by the ministry of health but some expenses such as food aren't covered.

## In Flanders' Fields

In Flanders' fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders' fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch, be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders' fields.

Major John McCrae, 1915





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**

## CLUB 90 CELEBRATES

*30 years!*



## A MEMO FOR OUR MEMBERS!

**-> The Club will be closed for Staff Development on November 16**

**-> Please See Larrissa to volunteer for the Christmas Parade set up**

**-> Christmas Gift Exchange sign up sheet is available**

**-> Do you need picture ID? If so please see your Mental Health Worker for assistance.**



Please be aware that the views and opinions that are expressed in this newsletter are not necessarily the views and opinions shared by NSCSS and Club 90. Stepping Stones is a newsletter created for and in part by members.

**ELLIOT LAKE CHRISTMAS PARADE! NOVEMBER 26 6-8 PM**

## From our kitchen

### BBQ Chicken & Apple Bread Pudding

#### Ingredients

- 1 package (8-1/2 ounces) cornbread/muffin mix
- 6 tablespoons butter, divided
- 1 large sweet onion, thinly sliced
- 2/3 cup barbecue sauce, divided
- 2 cups diced cooked chicken
- 2 large eggs, beaten
- 1 cup half-and-half cream 1 teaspoon salt
- 1/2 teaspoon pepper
- 1-1/4 cups shredded Monterey Jack cheese
- 1 small green apple, peeled and diced Minced chives

#### Directions

1. Prepare cornbread according to package directions and bake using a greased and floured 8 in square baking pan. Cool. Reduce oven setting to 375°. Meanwhile in a small skillet heat 2/2 8-in. square baking pan. Cool. Reduce oven setting to 375°. Meanwhile, in a small skillet, heat 2 tablespoons butter over medium heat. Add onion; cook and stir until softened. Reduce heat to medium-low; cook until deep golden brown and caramelized, 30-40 minutes. Remove from heat and set aside.
2. Pour 1/4 cup barbecue sauce over chicken; toss to coat.
3. Cube cornbread. Microwave remaining butter, covered, on high until melted, about 30 seconds. Whisk in eggs, cream, salt and pepper. Add caramelized onions. Pour egg mixture over cornbread cubes. Add chicken, cheese and apple. Toss gently to combine.
4. Pour mixture into a greased 8-in. square or 1-1/2-quart baking dish; bake until bubbly and top is golden brown, about 35 minutes. Drizzle remaining barbecue sauce over bread pudding. Sprinkle with chives.

## East Algoma Connects

### Local resources at your fingertips

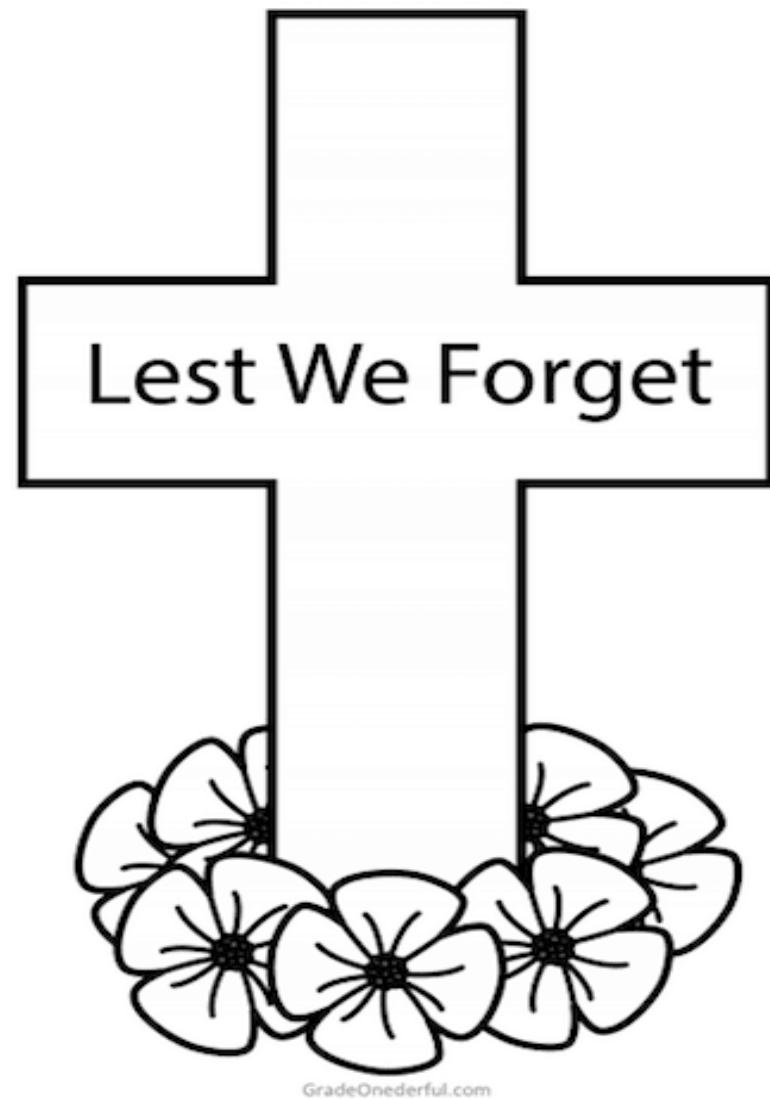
Did you know that we have a great resource at our fingertips that can help you find the services that we offer in Elliot Lake and surrounding communities? Whether you're looking for addictions services, mental health services or more, this info bank will have you pinpoint the service closest to you in 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.



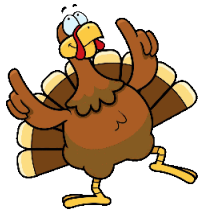
Available on:







# THANKSGIVING DINNER AT CLUB 90



Wishing a Happy Birthday to:  
 Tracy, Deborah, Guy,  
 Heather, Jo-Saline,  
 Stephen, Cheryl Lynn,  
 Chris





I come to club 90 to feel helpful, I like to help out with stepping stones by sorting and folding the pages. I bundle them up and get them ready to deliver. I also like to help by wiping down tables. Club 90 is a fun place for me. I love to play bingo with the other members and I always come for dinner because the food is delicious!



**We are  
here to help**

**Nous sommes  
là pour vous aider**

**Available by phone**



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



**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**



**FROM THE CLUB! :**

**Elliot Lake's Roundabout Exceptional Puppeteers is looking for volunteers! Volunteers needed for both on stage and behind the scenes!!**

**Please contact Liz at 705-848-4256**

**A big Thank-You to our member that so thoughtfully brought the staff yellow roses after thanksgiving dinner!!!**



*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

  
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)



Name: \_\_\_\_\_



# Veterans Day Word Search



MEMORIAL	PATRIOT	THANKS
NAVY	PEACE	HISTORY
ARMY	WAR	HONOR
AIRFORCE	SACRIFICE	BRAVE
PARADE	TRIBUTE	SERVICE

© Monsterwordsearch.com



## Movember is here....but what exactly is it?

Men's health is in crisis. Men are dying on average 6 years earlier than women, and for largely preventable reasons.

Unchecked, prostate cancer rates will double over the next 15 years. Globally, testicular cancer is the most common cancer among men aged 15-39 years of age. And across the world, one man dies by suicide every minute of every day, with males accounting for 75% of all suicides.

Movember is uniquely placed to address this crisis on a global scale.

Learn more about Movember at:  
[ca.movember.com](http://ca.movember.com)



**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





Club 90 APP of the month

**WOEBOT**



### What is Woebot?

Woebot is an automated conversational agent (chatbot) who helps you monitor mood and learn about yourself. Drawing from a therapeutic framework known as Cognitive Behaviour Therapy, Woebot asks people how they're feeling and what is going on in their lives in the format of brief daily conversations. Woebot also talks to you about mental health and wellness and sends you videos and other useful tools depending on your mood and needs at that moment.

## 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



*Thank-You Lakeside Pizza!*

*For your generous donation!*



705-578 -2969

