

## 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
Christian Horizons	(705) 789 1725
Community Living Algoma (CLA)	(705) 848 2475
Counselling Centre of East Algoma	(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) 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
Supportive Independent Living	(705) 461 9561
After Hours Crisis Support .....	.....1-800-721-0077
WARM LINE.....	.....1-866-856-9276

# Stepping Stones

Club 90



**October 2023**

385th edition

**HAPPY  
THANKSGIVING DAY**





Now that the weather is getting a little cooler, we have been doing more activities indoors. Puzzle building has always been a favorite to do, we had Movie Day, Clay modeling, and even one member brought in a board game to play. It's called The Lord of the Ring –Adventures to Mount Doom. Great game to play with a group. This collaborative game allows everyone to try different strategies, and work together as a team.



**NIKKI LAPISH**

**June 21, 1974**

**to**

**September 14th 2023**



For those who know Nikki would agree with me when I say she was truly a kind, caring, generous, compassionate, and over all beautiful human being. She leaves behind her two daughters and her beloved fur baby.

Nikki worked at NSCSS/Club 90 for the Senior Mental Health Program in the past and is remembered fondly by all.

The one memory I have of Nikki goes back about 7-8 years ago when my son was diagnosed with Autism. I was told he would never read or write and he would have to use the aids of electronics to communicate. I didn't have the funds to purchase a new tablet so I posted a GoFundMe page in hopes people would help. Within the week, Nikki was at my door with a new iPad for my son. Now, my son can not only read and write better than me, he is no longer in IEP courses and excelling in his education with his fellow peers, and will be graduating this year. Thank you Nikki for all you have done for all those you have encountered. You will be missed terribly, but your memory will live on forever.

-Melanie-

# Presentations

# PJ'S AND MOVIE DAY



On September 11th, we had Lisa from the Detox Centre and Kerriann from the Camillus Centre come to Club 90 to educate us on what their facility dose to help those who are trying to recover from substance use disorder. They are located in the same building "The Oaks Centre" at 9 Oakland Blvd., Elliot Lake.

Detox is one of the first step to recovery. This is a safe place to begin this journey. First step is to call and see if there is a bed available. Then, there is an intake process that is explained to you very clearly so that there are no surprises. The Detox process is around 5 to 10 days depending on the need of the person. Before leaving the Detox Centre, the staff will assist you in setting up the next steps. Either it be going to Treatment at the Camillus Centre, counselling, and/or providing any supports and resources that are available for the person to utilize when they get out.

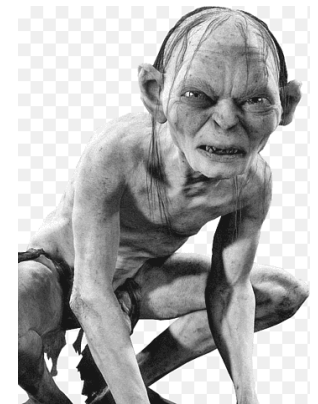
The Camillus Centre is the treatment side of The Oaks . While in treatment, you will attend learning program about Trauma, self-esteem, self care, and grief to name a few. This is the time to learn and begin the healing process. Once you have completed the treatment program, you will have establish a "After Care" plan. This is to help keep the person on the right tract of recovery.

I asked Lisa from Detox "How do you treat those who are repeat clients"? She said, without missing a beat, "Good to see you again". I asked why do



On September 14th, we had a couple of members come in to watch a movie. The movie was called "One Piece" and it's a Adventure movie. You can find it on Netflix.

## Lord of the Rings



On Sept 13th, one of our members brought in his own game. "Lord of the Rings Adventure to Mount Doom" which is a collaborative games to get the "Ring Barriers" to Mount Doom. This game is recommended to those who love the books and movies.



## INGREDIENTS

- **6 CUPS RICE KRISPIES**
- **1 LIQUID FOOD COLORING**  
**RED & YELLOW**
- **1/4 CUP BITTER**
- **1/4 CUP COOKING OIL OR**  
**MELTED BUTTER**
- **1 M&M'S GREEN**
- **1 BAG OF MARSHMALLOWS. LARGE**

# Dr. Brian Dressler

On Sept 12th, we had a presentation by Dr. Dressler GP., and his associate Alice who is a Registered Nurse. They work at The Oaks Outpatient Medicine Clinic here in Elliot Lake. Dr. Dressler is an independent contractor who is situated in Sudbury. He mostly does his appointments virtually, however you are expected to go to the clinic when it's time for your appointment. This is so if someone requires a urine test, it can be done asap and the results are right away. Also, it's important to check vitals since withdrawal can be very dangerous.

The first steps in order to see him, you will have to call. They will do an assessment over the phone and get your demographic. Once you are accepted, you then receive an appointment date. You will be asked to go about half hour earlier than your appointment time so that you can fill out paper work. Once you see Dr. Dressler, he will then assess you and develop a treatment plan best suited for you. He is able to order blood work, urine samples, imaging, and make referrals to specialist if needed.

Alice was able to share her knowledge with us by educating us on how important "Prevention" and "Self Care" is to our overall health. It's important to make those doctor appointments because if there is anything that develops, most time it can be managed and treated. Making the time to care for yourself is also the key to good health in both emotional, physical, and mental health.

If you have any more questions, please call (705) 461-7703



## New Full Time Mental Health Worker at Club 90



*Melanie Bellware*

As of September 1st, 2023, I have accepted the full time position at Club 90 as a Mental Health Worker.

I came to Club 90 in January 2023 as a student doing my placement hours. Then I continued as part of a work placement program until August 2023.

I Studied Addictions and Mental Health at the Canadian Career College located at the Sudbury Campus and I graduated with honors.

With my education and life experience, I hope to help others live their lives to their full potential.

I would love to meet you in person so please come by the Club and say hello!  
CHEERS!!

*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*

# sudoku

3			8	1			2
2		1		3		6	4
			2	4			
8		9				1	6
	6						5
7		2				4	9
			5	9			
9		4		8		7	5
6			1	7			3

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**Wishing a Happy Birthday To:**

**Dave, Gary, Rebecca,  
William,  
and Catherine**

**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.ac.ca

**NDP**  **NPD**

# FALL WORD SEARCH

Fall Word Search

C U W V B F K S Q S W H A R V E S T H G  
 O Y S M A N T A T O U U O G K R P M L E  
 A C F D F O O T B A L L W B T Q W O Z B  
 S E E Z Z A G E R Y N T U E N I B E X R  
 W J P N X T B U W A A P P L E C I D E R  
 E A U O A H U D C N U T U U U N C T A Q  
 A P R V S A U U R K K P P Z M H R B C T  
 T P L E A N N O J Y S R P C U P A G I C  
 E L E M J K C A D B E F W K E U K Y M K  
 R E A B U S K F Y O P L I O H Z E I Y B  
 P S V E L G P H L N T Z H P S J S Q N O  
 Q Q E R S I Q A W F E Y E M U W E Q J O  
 J N S O M V V C N I M C O Q N R M W K T  
 T B M E K I F Z B R B R Y C F K N L J S  
 V Y A P N N Q K G E E A V G L U T A A O  
 V N R R D G H N A B R U Q T O O N I G V  
 C Y A O O P I Q O N H T X F W J Z Y P E  
 L C X F E A L T K O E U W Z E S U P P B  
 R D E F I D C W K O Q M Z Q R B F Z U S  
 D R Q R J O V Z O Y W N C J G R K N E U

	CORN AUTUMN BONFIRE BOOTS OCTOBER RAKE	THANKSGIVING HARVEST LEAVES CARNIVAL APPLES APPLE CIDER	PUMPKIN FOOTBALL SWEATER NOVEMBER SEPTEMBER SUNFLOWER	
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# 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

## 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 or 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.Elliottlake.ca](http://www.Elliottlake.ca)

705-848-2287

 Find us on  
Facebook

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



Halloween is a holiday celebrated each year on October 31, and Halloween 2023 will occur on Tuesday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

**For more Information, type in this link:**

<https://www.history.com/topics/halloween/history-of-halloween#ancient-origins-of-halloween>

Proud supporter of the Club 90 program

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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





PLEASE JOIN US AT OUR

THANKSGIVING

TABLE!

Here at Club 90

When: October 5th/2 Seatings 1pm and 3pm  
Please call or come in to sign up. 705-848-2879

**Menu**

**Turkey and Ham**

**Stuffing**

**Mashed Potatos**

**Turnip/Carrot Casserole**

**Roasted Brussel Sprouts, cinnamon Butternut squash  
with Pecans and Cranberries.**

**Dessert: Assortment of Pies**



# Mental Illness Awareness Week is October 1 – 7, 2023.

Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The week was established by the Canadian Psychiatric Association, and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) in cooperation with all its member organizations and many other supporters across Canada.

Although we are no longer running the Faces campaign, CAMIMH will still be participating in MIAW through increased advocacy efforts, working towards a Canada where all who need mental health resources can access them without barriers.

# Color Me In!



These acts are part of an annual observance called “Orange Shirt Day.” Its purpose is to raise awareness about the unthinkable trauma caused by the Canadian residential school system to Indigenous communities. With the slogan of “Every Child Matters,” Orange Shirt Day honor's survivors, their families, and communities, who continue to be impacted by the atrocities committed by the residential school system.

