

Community numbers

Algoma Family Services.....	(705) 848 0709
.....Crisis:	(705) 759 3398
Algoma Public Health.....	(705) 848 2314
Alcoholics Anonymous (AA)	(705) 461 3150
ADSAB housing.....	(705) 848 7153 ext 311
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 2585/1 800 721 0077
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 9799
.....Crisis:	(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

September 2019

Recovery

**We are
here to help**

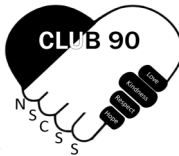
**Nous sommes
là pour vous aider**



**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

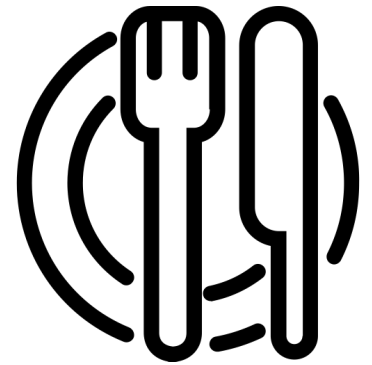
FREE MEMBERS LUNCH AT CLUB 90

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

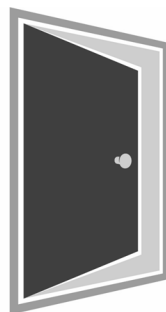
Please call in by 1:00 pm for
your dinner for \$2.00 reservation:
705-848-2879



Sending out a big Happy birthday to all our friends born in September: Deborah, Dawn, Lynda, Joe, Jamie, Dan, Alois, Timothy, Scott, Judith, Rene, Samirah, Caroline.

Come out and celebrate with a slice of cake on Sept. 20!

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

Step into September

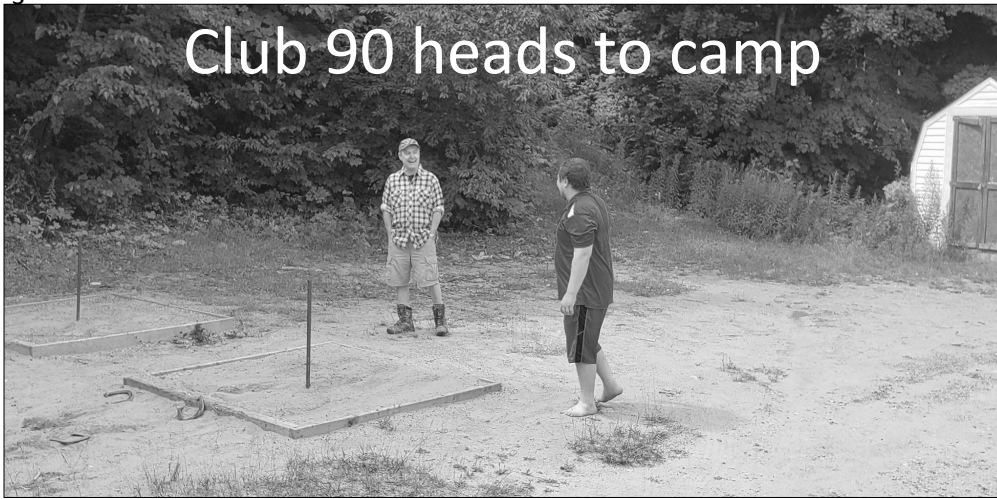
Just like the upcoming season, change is upon us and just like we embrace the change from green to orange, we must accept what it brings to us.

September is Recovery Month, and here at the clubhouse we want to hear your positive stories as we continue to combat the stigma that is attached to mental health and addictions. We are holding a recovery consumer/survivor breakfast on Sept. 20 at 10 a.m., the CCEA public educator will be here to host a "New Growth" work shop on Sept. 27, and throughout the month we will work on creating vision boards, participate in discussions, and incorporate a little play into our lives.

A reminder that the club is closed for the labour Day holiday on Sept. 2, but we will be back in action on Sept. 3, resuming our normal operating hours! We will also be closed Sept. 18 for staff development.

And finally, we say good bye and thank you to our summer student Avery, and our student volunteers Kieran and Logan. Best of luck with your upcoming school year from your friends at Club 90!

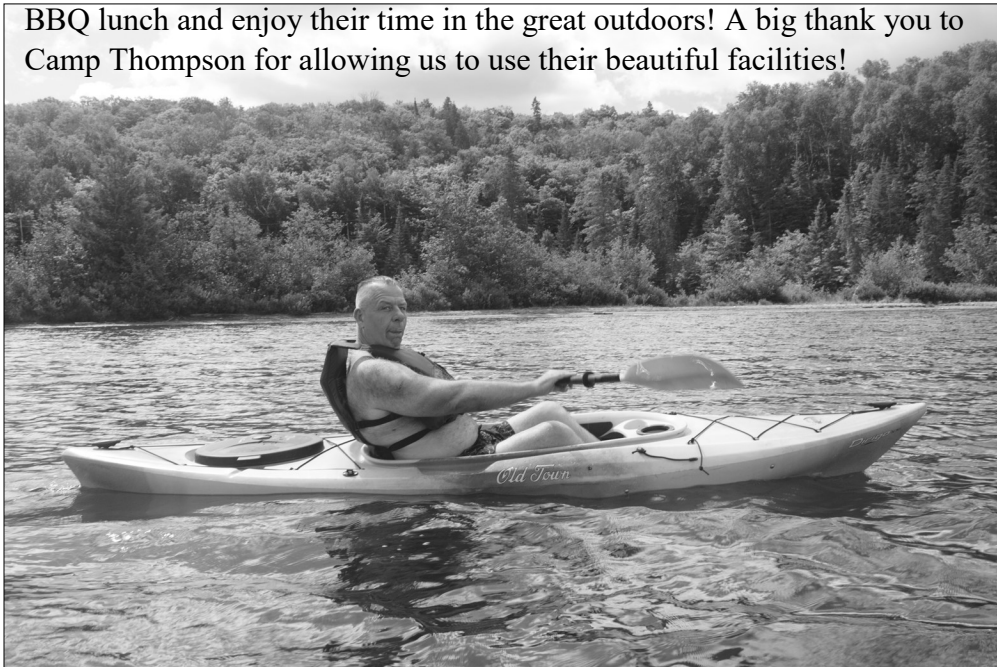
Club 90 heads to camp



Zach and Chester enjoy a game of horseshoes

Club 90 was out on location in August as we packed up and headed North on Highway 108 to Camp Thompson. Members, staff and volunteers came out to participate in kayaking, horseshoes, cooking, making smores and watching scary movies around the camp fire.

The day trip saw as many as 19 people come out to eat a yummy steak BBQ lunch and enjoy their time in the great outdoors! A big thank you to Camp Thompson for allowing us to use their beautiful facilities!



Doug hits the open lake on a kayaking adventure!



Pim embraces the wild and sets up his own camp site.

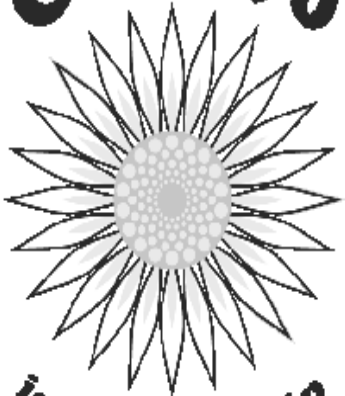
More from camp



Teamwork! Members and staff work on preparing breakfast (Pancakes and bacon!)

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.

Beanbag baseball fun for all

4



BEAN BAG
Baseball



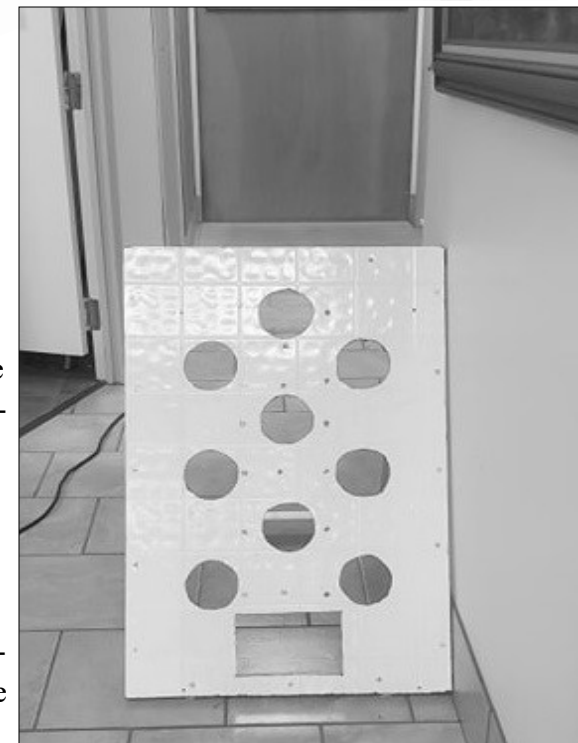
Eco-Mat @ Paris

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

Club 90 is always looking to expand their activities, and this month (thanks to the incredible handiwork of members, staff and volunteers) we are able to offer the ever popular and incredibly fun **BEANBAG BASEBALL!** The first game of the club was a huge success and is an activity that will be brought back in the month of September on Sept. 12 and 26. Game time starts at 2:30 p.m.



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.

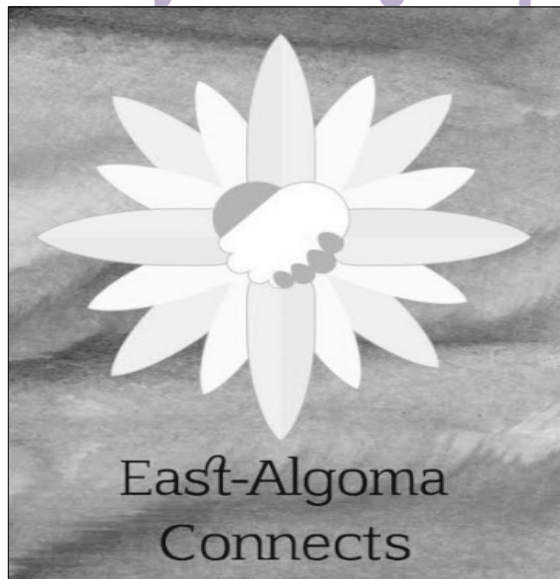


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.

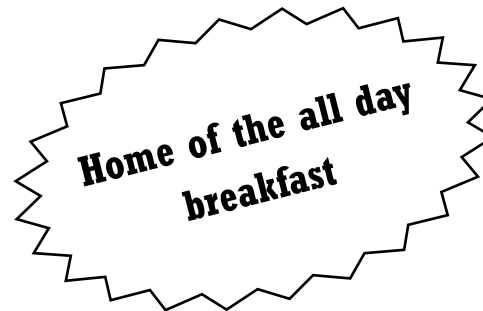


Local resources at your fingertips

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.



Located in the Hillside Plaza



Monday: 7:00 AM - 2:00 PM

Tuesday: 7:00 AM - 7:00 PM

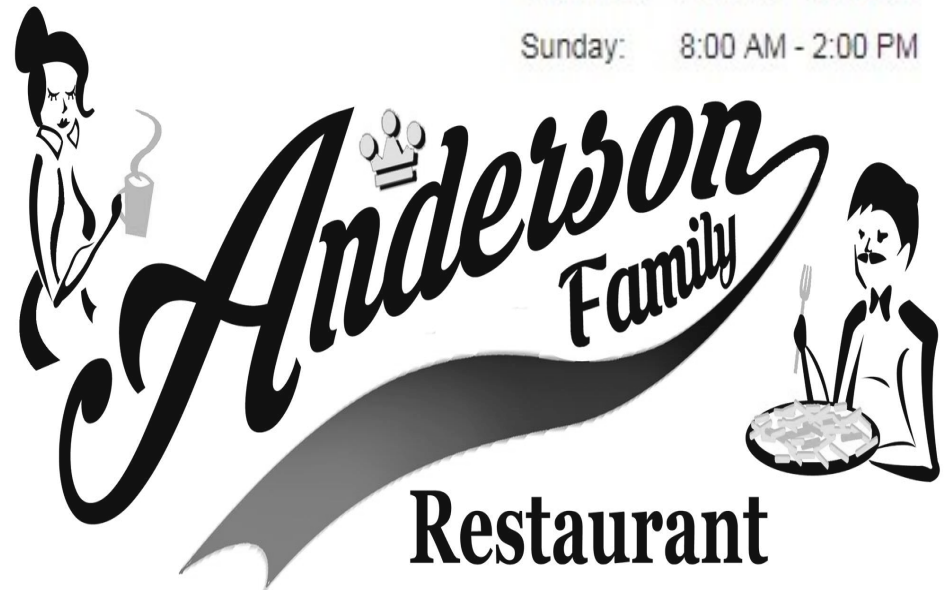
Wednesday: 7:00 AM - 7:00 PM

Thursday: 7:00 AM - 7:00 PM

Friday: 7:00 AM - 7:00 PM

Saturday: 7:00 AM - 6:00 PM

Sunday: 8:00 AM - 2:00 PM



Budget Development

It's more than about money

Part of Club 90 is to help people prepare and take control of their life. A key component to that is budgeting and we don't just mean our finances. Budgeting encompasses everything in our daily routines such as time and food.

Club 90 wants to empower people to become self-reliant and self-sustaining. While we offer affordable meals, they don't always meet the taste buds of everyone, and while we try to be as accommodating as possible, we are unable to meet all dietary and personal preferences.

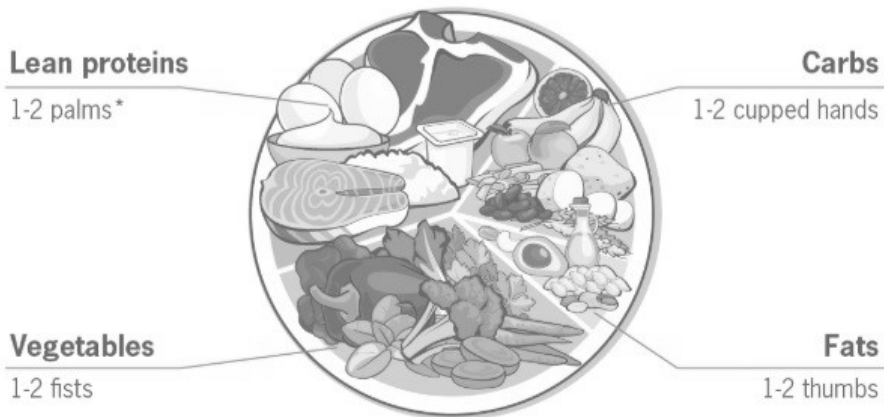
Every Thursday, we get the new flyers for our local stores and we have excellent knowledge and resources on how to meal prep for one, shop for the future and help you to prepare meals at home.

HOW TO MASTER MEAL PREP

Try the make-ahead strategies used by Precision Nutrition's most successful clients and you'll always have healthy food on hand.

WHAT A HEALTHY MEAL LOOKS LIKE

Before mastering meal prep, learn what, and how much, to eat.



*For how to use your hand to measure portions: <http://www.precisionnutrition.com/calorie-control-guide-infographic>

FAREWELL AVERY!

This month we said goodbye (yet again) to Avery!

Avery has been a summer student here at Club 90 for the past three years when she comes home from post-secondary where she is studying social work.

This summer, Avery spent a few months working hands-on as one of the Mental Health Workers.

She will be incredibly missed by the members, volunteers and staff of the North Shore Community Support Services Inc./Club 90.



Thank You!



Club 90 crossword of the month

September

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

NSCSS MOOD
 RECOVERY MAPPING
 MENTAL
 HEALTH
 ADDICTIONS
 FRIENDSHIP
 TEAMWORK
 BEANBAG
 BASEBALL
 CONSUMER
 SURVIVOR
 NEW
 GROWTH
 JOURNALING
 GRATITUDE

Gratitude: Turning what we have into enough

10 MINUTES TO RECOGNIZE THE GOOD STUFF

_____ Date: _____

Things, people, and places you adore:

One thing you've worked hard to achieve:

One thing that's going well right now:

Two subjects or pursuits you're passionate about:

Two people you can count on for warm hugs and kind words:

Three things to look forward to:

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A gratitude journal is a diary of things for which one is grateful. Gratitude journals are used by individuals who wish to focus their attention on the positive things in their lives. Studies have suggested that feelings of gratitude may even possess mental and physical health benefits.

On Sept. 9 at 2:30 p.m. we will be learning what a gratitude journal is, what we can journal about and create our own. For now, use the template above to get started!

your definition of a good day will
look different from other people's.



slept 6+ hours
cleaned room
took a walk



finished 2 tasks in the morning
scheduled next week
high productivity



hung out with friends
laughed a lot
full of food



read a book
learned a cool fact
didn't worry too much

Club 90 app of the month:

"What3Words"



What3Words is an app that talks about location by

Assigning a 3 metre square area in the world with a unique three word address that will never change. For example: Club 90's location is:

///repainted.cannily.supplements.

These words will never change, but if you plug them into the app, you will get the location in a 3 metre square area.

Club 90 gets trained on Naloxone



Club 90 welcomed back Kenna Crawford, the Community Alcohol/ Drug Assessment Program with. Algoma Public Health (APH), who gave a training session to members and staff on Naloxone training.

Naloxone is a medication used to block the effects of opioids, especially in overdose. Naloxone may be combined with an opioid to decrease the risk of opioid misuse.

Sixteen people came out to be informed on the effects of opioids, what



Senior's mental health nurse, Nikki, and CCEA public educator, Malin Johnson, give a demonstration during the Naloxone training on how to properly put someone into the recovery position.

September is Recovery Month

Throughout the month of September, we will be holding activities and events to talk and celebrate our journey of our personal recoveries!

Come out and take part in one of the many activities this month:

Sept 6 at 2:30 p.m.—Create your recovery vision board

Sept. 13 at 2:30 p.m.—Ted Talk: Why we all need to practice emotional first aid

Sept. 20 at 9:30 a.m.—Consumer/Survivor Breakfast

Sept. 27 at 2:30 p.m.—New Growth with CCEA public educator, Malin Johnson

Don't be shy and come down for the self-care activities such as meditation, colour therapy, spa day and journaling! Check this month's "What's Happening" for dates!



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 Creamy Broccoli Soup

INGREDIENTS:

- 3/4 cup and 2 teaspoons chicken broth
- 1 cup fresh broccoli
- 1 tablespoon and 1-3/4 teaspoons chopped onion
- 1/3 cup and 1 tablespoon milk
- 2-1/2 teaspoons all-purpose flour
- 1/3 cup shredded Cheddar cheese (optional)
- 1/4 teaspoon dried oregano

INSTRUCTIONS

1. Bring broth to a boil
2. Add broccoli and onion. Cook for five minutes or until broccoli is tender.
3. In a separate bowl, slowly add milk to flour and mix until well blended.
4. Stir flour mixture into broth mixture
5. Cook, stirring constantly, until soup is thick and bubbly.
6. Add cheese of desires, stir until melted.
7. Add seasonings and serve.

