

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
- Al Anon Family Group.....1-888-425-2666
- 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





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-Kapuskaing**

- 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

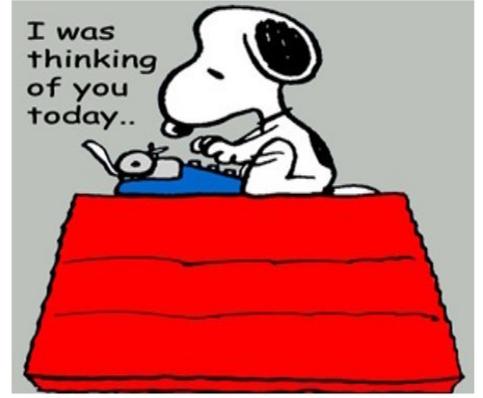
705-848-8080
1-855-297-4200
carol.hughes@parl.gc.ca



Do you miss your family and friends?

Try some of these ways to connect with them when you are in a quarantine...

- Write a letter
- Send a picture
- Send a card
- Phone call
- Video Chat
- Facebook
- Facebook messenger
- Skype
- Meet them for a walk (but keep your distance)
- Facetime
- Text messages
- Computer gaming
- Use other chat internet apps



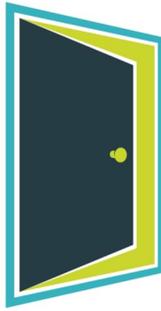
Solution to logic problem

- Colleen Dobson, Lynne, 3:10 pm, ballet
- Donno Johnson, Capri, 3:30 pm, chess
- Josh Steinway, Cathy, 3:25 pm, football
- Margie Walsh, Ann, 3:00 pm, fencing
- Mary Holden, David, 3:20 pm, hiking



Glen, Daniel, Steven, Patrick, Christine, Shawn, Pim, Dakota, Gord, Jennifer, Donald

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:

Call

(705) 848-2585

Blind River Office:

Temporarily closed

(705) 848-2585

AFTER HOURS CRISIS NUMBER:

1-800-721-0077

Reflecting on March and what's next

Hi everyone

I want to use this opportunity to first say to you all; how amazing you all are for how you have handled the past few weeks.

For some, this was the hardest situation and one we never thought we would experience.

Our routines are disrupted, we have to find new ways to communicate to one another and find or create new resources for things we normally would not think twice about.

It is definitely a moment where we need to stop and think about what we are grateful for in our lives as we have spent days without those people, or those distractions, or those services we engage with everyday.

As always, I remind you all to be kind to one another as we all handle situations differently. Practice patience when lines are moving slower and respect the boundaries set in place to keep one another safe.

Moving forward:

At this time, we do not know when we will be opening our doors to the public. The mental health workers continue to touch base with our members on a daily basis and can call us at 705-848-2879

We will continue to keep you all updated as to what is happening here at the clubhouse! If you have social media, you can stay up-to-date by joining our Facebook group at: <https://www.facebook.com/groups/nsccs>

*We are all in this
together*



WE MISS YOU ALL! STAY HEALTHY. STAY SAFE



PLEASE READ CAREFULLY

Coronavirus Disease 2019 (COVID-19) For all travellers returning to Canada

Welcome home!

The Government of Canada is closely monitoring the spread of COVID-19 in Canada and in other countries. You could have come into contact with COVID-19 while abroad.

Upon return to Canada, you will need to:

Please self-isolate for 14 days after your return from travel outside of Canada.

- Monitor your health for fever, cough or difficulty breathing.
- Wash your hands often for 20 seconds and cover your mouth and nose with your arm when coughing or sneezing.
- If you develop a fever, cough or difficulty breathing within 14 days:
 - Continue to isolate yourself from others
 - Call your health care provider or Algoma Public Health at 705-759-5404 or 1-866-892-0172 ext. 5404.
 - describe your symptoms and travel history
 - follow their instructions carefully

www.algomapublichealth.com/COVID-19

Choosing sources of information carefully is critical to COVID-19 mental well-being

1. **Understand the fight-or-flight response:** It's normal to feel anxious in the face of a threat. Our body's fight-or-flight response is designed to keep us safe by heightening our response to perceived danger. Part of that response is the release of stress hormones, which increase heart rate, blood pressure, and overall alertness. Because of the impact stress has on our body's immune system, managing it during a pandemic is critical to the success of strategies designed to reduce contagion or the severity of the illness.
2. **Be selective about news sources:** Carefully choosing our sources is the best way to ensure accuracy. While there is plenty of fact-based content on social media, because of the way it works it is also much more likely to turn hearsay into misinformation. The facts - as fluid as they may be - are essential to facing the situation appropriately.
3. **Don't discount the power of language:** When the media reports that rates of infection are "skyrocketing," for example, it can trigger more anxious feelings than if they'd said "increasing." Although it may be difficult, it's important to see through the sensationalistic language and focus on the message and the practical takeaways. If a particular news source uses a lot of alarmist language, consider avoiding that outlet altogether.
4. **Set boundaries on news consumption:** With such a rapidly evolving situation, it can feel like even a few hours without an update will leave us in the dark. But while the information about COVID-19 is constant, it is *also highly repetitive*. The more often we receive information, the more it will play on our minds, and the more difficult it will be to disengage. So try limiting your updates to between one and three designated times per day. In the interim, make a concentrated effort to place your attention elsewhere. When it's time to re-engage, it won't take long to catch up.
5. **Consider the practical value of the information:** Not all information is created equal. When we see images of workers in hazmat suits, empty streets, and armed guards, our brains detect a threat and react accordingly. Unfortunately, these images don't have a lot of value, as they convey very little meaningful or useful information. Where possible, focus on the facts in the story, not the extraneous details or peripheral images.

Habits we should all keep after Covid-19

- ★ Supporting small local businesses.
- ★ Making "concern for our most vulnerable" an urgent priority. All caring about it.
- ★ Slowing down.
- ★ Checking in on people.
- ★ Singing from our balconies, together.
- ★ Thinking about what REALLY matters.
- ★ Resting.
- ★ Realising that we're all in this together.

@ECOwithEM

Club 90 Membership Council and OPOC put on hold

****At this time, we are putting a hold on the Club 90 membership council as well as the Ontario Perception of Care surveys. We will hold a membership council information session in the future.**

Do you have a passion for teamwork, democracy and the drive to make your clubhouse a better place? Do you want to have a say when it comes to event planning, fundraising, activities and other matters of the club? If so the membership council may be for you! We are getting ready to reboot the Club 90 Membership Council and will be looking to have a chair, vice-chair, treasure and secretary elected to help make Club 90 a safe and engaging club for everyone!



Canine Pet Therapy visits Club 90



In early March, club members got a furry surprise as the local Canine Pet Therapy group came and brought their therapy dogs to the club for some socialization. However, pet therapy is different than just having furry friends roaming around.

Pet therapy (or animal-assisted therapy) is a guided interaction between the trained animal and their owner. It is used as a way to recover or cope with health problems or mental illnesses.

Some benefits of pet therapy include:

- Making you happier, lessening depression
- Increasing self-esteem and verbal communication
- Decreases loneliness and boredom
- Lessens anxiety
- Motivating willingness to exercise



MY STAY-AT-HOME TO-DO LIST

- Appreciate that I have a place to stay inside
- Be patient with the people around me who may feel frustrated, antsy, or scared
- Focus on the things I can control
- Take care of myself physically, mentally, and emotionally
- Take deep breaths to stay grounded and calm
- Cut myself some slack if I struggle to do what's good for me

LORI DESCHENE

tinybuddha.com

colour me



The Virtual Clinic

at the Elliot Lake Family Health Team

What is it?

- ▶ A pilot project to help patients without a family doctor to avoid visits to the emergency department for routine healthcare needs

Who can attend?

- ▶ Patients without a family physician

Why sign up?

- ▶ Speak with a virtual physician for:
 - ▶ Prescription Renewals
 - ▶ Specialist Referrals
 - ▶ Preventative Care
 - ▶ Primary Health Care

How do I get an appointment?

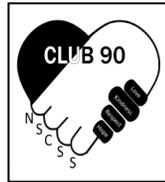
- ▶ Visit the Elliot Lake Family Health Team
- ▶ Ask for the Virtual Clinic paperwork
- ▶ Paperwork consists of clinic information, a consent form and a medical history questionnaire
- ▶ Don't forget to bring a copy of your most current medication list

Need more info?

- ▶ Call the Family Health Team at (705) 461-8882 or visit us at 31 Nova Scotia Walk.

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.

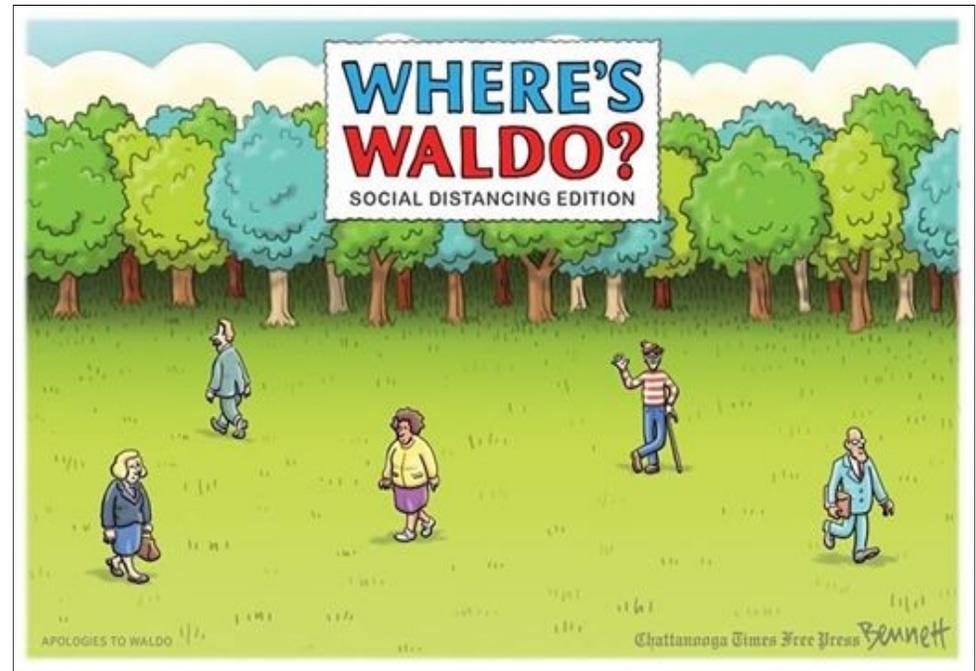
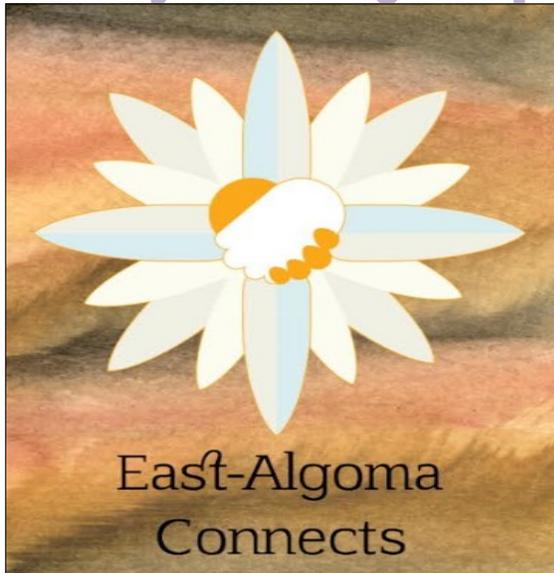


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



Local resources at your fingertips

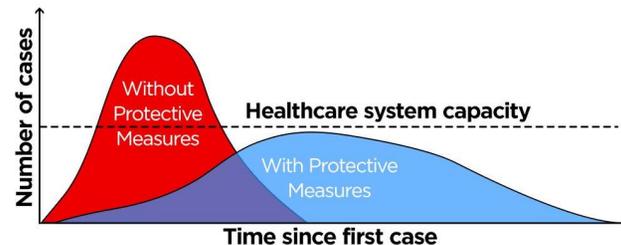
Did you know that we have a great resource at our **fingertips** that can help you find the services that we offer in Elliot Lake and surrounding communities? Whether you're looking for **addictions** services, **mental health** services or more, this info bank will have you pinpoint the service closest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



What is social distancing and why is it important?

What is social distance?: Physical distancing or social distancing is a set of infection control actions intended to stop or slow down the spread of a contagious disease. We practice this when we are outside in public space by maintaining 1.5 meters from one another.

Another way we can control the spread of diseases is by limiting the time spent outside of our homes and with other people in an effort to “flatten the curve.” Flattening the curve refers to using protective practices to slow the rate of COVID-19 infection so hospitals have room, supplies and doctors for all of the patients who need care.



Adapted from CDC / The Economist

By doing our part and practicing social distances and self-isolation, we are done one another a service by keeping each other and ourselves healthy.

Elliot City supports during Covid-19

Age Friendly Delivers

The City of Elliot Lake is pleased to offer a call-in number and email for vulnerable persons in the community who are in isolation as recommended by the Family Health Team and City of Elliot Lake. This service will be for those vulnerable persons who do not have a local contact or family to deliver essential items like food and hygiene products. The local grocery stores, Foodland and No Frills, are partnering with the City to help deliver this service.

To Access Service

Please call **705-849-0970** to request to be a client with Age Friendly Delivers, or you can sign up using the request form below. General questions about the program can be emailed to taskforce@elliottlake.ca. You will be required to submit your Name, Address, Phone number (required) and payment preference at time of call, and will receive instructions related to delivery. A dedicated city staff will then follow up within 24 hours to take your order. Orders are limited to 20 items, of essential needs at any one time. (a 3-4 day supply is ideal). Once orders are placed staff will attend grocery stores to purchase items and deliver to your residence with a ZERO CONTACT approach.

ELLIOT LAKE EMERGENCY FOOD BANK

Location: 4 Charles Walk (Lower Plaza)

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



Takeout available at



LOCATED IN THE HILLSIDE PLAZA

NEW HOURS CURRENTLY IN PLACE

**CHECK OUT OUR SOCIAL MEDIA PAGE FOR
UPDATES:**

<https://www.facebook.com/AndersonFamilyRestaurant/>

Call (705) 578-5030

Members learned to make their own healing blankets



In February, almost a dozen members took part in a workshop, learning how to make their own healing blankets. A big thank you to Courtney for facilitating such a wonderful activity!



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

SMOKEY BACON AND TOMATO SPAGHETTI

INGREDIENTS:

- 400 g spaghetti
- 2 tsp smoked paprika
- 1 tbsp olive oil
- 800g canned tomatoes
- 1 onion—chopped
- Grated parmesan cheese.
- 1 clove garlic—chopped

INSTRUCTIONS:

- Bring a large pan of water to the boil and cook the spaghetti following pack instructions.
- Heat the oil in a large non-stick frying pan and cook the bacon for 3-4 mins until just starting to crisp. Stir in the onion and cook for another 3-4 mins, then add the garlic and smoked paprika, and cook for 1 min more. Pour in the chopped tomatoes, bring to the boil and bubble for about 5 mins until thickened, stirring every so often to stop it catching on the bottom.



PREP: 5 MINS
COOK: 20 MINS



EASY



SERVES 4

Club 90: APP of the month



Big White Wall



Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events, we'll help you get through it. Check out:

<https://www.bigwhitewall.ca/v2/Home.aspx?ReturnUrl=%2f>

To ensure safety and anonymity, the site is monitored by clinically trained 'Wall Guides', who are online 24/7. We know that finding help when you're distressed can be hard, so our Wall Guides are also there to help you feel welcome and guide you on how to get the most from our services.

- **Community Support:** Connect with others who are experiencing similar issues and share what's on your mind while gaining support and advice.
- **Anonymity:** Your anonymous username allows you to freely interact and communicate without fear of being judged.
- **Creative Outlets:** Design an artistic expression of your thoughts and feelings through our 'Bricks'. Create from scratch or simply upload images and words.
- **Safety:** Safety and security is a top priority for BWW and there are several features in place to safeguard members including: 24/7 moderation by clinically trained 'Wall Guides', privacy rules and security guidelines.
- **Self-Improvement Tools:** Learn tips and find ways of coping using our valuable resources. They give you lots of information about many conditions and topics to help you understand more about your feelings, set goals and track progress.

Coping during COVID-19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

Take care of your body– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.

Connect with others– Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.

Take breaks– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.

Stay informed– When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.

Avoid too much exposure to news– Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

Seek help when needed– If distress impacts activities of your daily life for several days or weeks, talk to someone.

Crisis: Daytime 705 848 2585.....Afterhours 1 800 721 0077

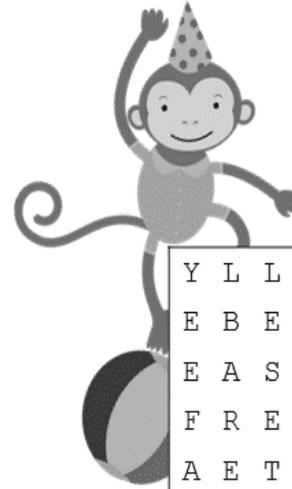
Thank you Courtney

This winter we welcomed Courtney from Cambrian College to our club! Courtney was in her final semester, studying in the social service worker program.

During her time with us, Courtney facilitated various discussion groups including gender identity and what cultural appropriation is. She taught our members about smudging, gratitude, and how to make healing blankets and dream catchers.



Unfortunately, her time with us was cut short when the schools and colleges closed due to covid-19. Thank you for everything you brought to us. We will miss you!



APRIL FOOL'S Day

APRIL 1st

Y	L	L	I	S	B	P	E	L	Z	O	O	B	M	A	B
E	B	E	W	I	L	D	E	R	C	A	P	E	R	W	Q
E	A	S	H	E	N	A	N	I	G	A	N	S	B	U	P
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APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY