



Community Contacts:



| | |
|---|-------------------------------|
| ALGOMA FAMILY SERVICE | 705 848-0790 |
| ALGOMA PUBLIC HEALTH UNIT BOB (4002) MARIE (4001) | 705 848-2314 |
| ALCOHOLICS ANONYMOUS | 705 461-3150 |
| ADSAB HOUSING | 705-848-7153 EXT: 311 |
| ASSAULTED WOMEN'S HELPLINE | 1-866-863-0511 |
| CAMILIUS CENTRE | 705 848-2129 |
| CLUB 90 | FAX 848-3752 TEL 705 848-2879 |
| COMMUNITY ALCOHOL/DRUG ASSESSMENT | 705 848-2314 |
| COMMUNITY LIVING ALGOMA | 705 848-2475 |
| CONSUMER SURVIVOR INITIATIVE (BEEHIVE) | 705 461-3912 |
| EAST ALGOMA MENTAL HEALTH CLINIC | 705 848-9131 |
| ELLIOT LAKE FAMILY HEALTH TEAM | 705 461-8882 |
| COUNSELLING CENTRE OF EAST ALGOMA | 705 848-2585 |
| ELLIOT LAKE FOOD BANK | 705 461-3663 |
| HOSPITAL | 705 848-7181 |
| LEGAL CLINIC | 705 461-3935 |
| MARCH OF DIMES | 705 848 4840 |
| MOBILE CRISIS RESPONSE | 1-800-721-0077 |
| NORTH CHANNEL LITERACY COUNCIL | 705 848-1661 |
| OAKS CENTRE (DETOX) | 705 461-4505 |
| ODSP (FAX 253-2090) | 1-800-825-7593 EXT 0 |
| ONTARIO WORKS (FAX 843-0482) | 705 848-7153 |
| SUPPORTIVE INDEPENDENT LIVING (SIL) | 705 461-9561 |
| WOODLAND MÉTIS ASSOCIATION | 705 848-0276 |
| WOMEN'S CRISIS CENTRE (MAPLEGATE) | 705 461-9868 |
| ST VINCENT DE PAUL THRIFT STORE | 705 461-1355 |
| NON EMERGENCY OPP NUMBER | 1-888-310-1122 |
| CITY OF ELLIOT LAKE | 705 848-2287 (PRESS 0) |
| ST-JOSEPH HOSPITAL | 705-848-7181 |

Club 90



Stepping Stones



DECEMBER

2018





Carol Hughes

MP/Députée
Algoma-Manitoulin-Kapuskasing

My office can help you with:

- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors - CPP, OAS, GIS
- Passports
- Canada Student Loans
- Service Canada & HRSDC

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

NDP  **NPD**



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Michael Mantha

MPP/député Algoma-Manitoulin

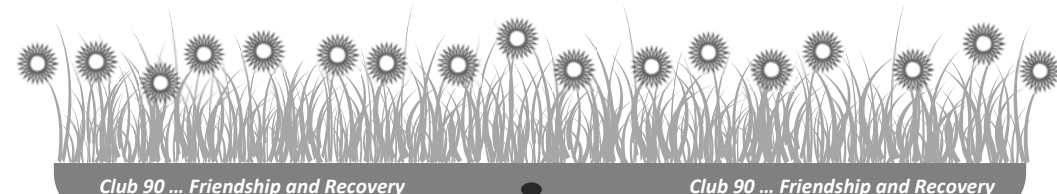
705-461-9710

National Handwashing Awareness Week

December 2 to 8

DID YOU KNOW:

In 400BCE, the ancient Greek historian Thucydides is the first to suggest that disease can spread from one person to another.



Counselling Centre
of East Algoma



Centre de counseling
d'Algoma Est

**Providing professional counselling services in our
Elliot Lake Office and Blind River Office.**

**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

Club 90 prepares for Christmas

The snow is on the ground, lights are strung on the trees and stockings are being hung on chimneys with care. And with Christmas around the corner, Club 90 is preparing for their own festivities.

A Christmas Tea Social will be held on December 20 from 11 a.m. to 5 p.m. Christmas snacks will be served throughout the day while members socialize and put their artistic imagination to use and create ugly Christmas Sweaters. Sweaters are provided. Sign up at the front desk by December 7 to reserve a spot.

On December 20, Club 90 is hosting a Christmas dinner.

Members are encouraged to bring a guest. Doors open at 2 p.m. with dinner being served at 4:30 p.m. The theme is "Ugly Christmas Sweaters" and members will be able to show off their works of art from the tea. Jewels of Harmony are expected to make a special guest appearance. There is no charge for this event. Sign you and your guest up at our front desk.

Club 90 is located in the Paris Plaza, unit 6

The Lakeside Bus stops right out front!!



Christmas

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | S | E | G | O | O | R | C | S | T | E | O | M | Y |
| T | M | V | R | C | S | A | M | T | S | I | R | H | C |
| J | O | A | E | I | S | S | S | F | A | G | Y | O | R |
| I | S | N | O | W | F | L | A | K | E | N | I | Y | T |
| E | C | S | R | E | K | C | A | R | C | J | G | S | S |
| Y | E | K | K | S | E | R | J | M | S | Y | Y | E | R |
| T | H | G | C | T | J | K | A | E | D | S | G | N | L |
| I | F | A | M | I | L | Y | C | R | N | T | R | A | K |
| V | T | H | J | K | E | K | K | R | E | N | I | C | E |
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| T | C | Y | L | L | O | J | R | S | R | S | C | D | K |
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| N | T | R | E | E | N | S | S | M | C | R | S | A | R |
| M | A | N | G | E | R | D | T | Y | C | P | N | C | R |

JACK FROST
ANGEL
CHRISTMAS
SNOWFLAKE
GIFTS
PRESENTS
FAMILY
SCROOGE
MERRY
NATIVITY
MANGER
CRACKERS
GRINCH
JOLLY
FRIENDS
TREE
CANDY CANES

Play this puzzle online at : <http://thewordsearch.com/puzzle/124/>

Riddle:

**500 at the beginning, 500 at the end,
5 in the middle is seen,
The first of all letters, the first of all figures
Take up their stations between,
String them all together, and you will see
The name of an ancient king.**

Answer : 500 is D (in Roman numerals), so D _ _ D. Then 5 is V (also Roman numerals) so now we have D _ V _ D. The first of all letters is A, and the first of all Roman numerals/figures is I. Now we have DAVID



<https://www.saveur.com/article/Recipes/Classic-Cream-Tomato-Soup>

Tourtière (French Pork Pie)

Ingredients

- 2 1/2 pounds lean ground pork
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1 large onion, chopped
- 1 teaspoon salt
- 1 stalk celery, chopped
- 1 bay leaf
- 3 cups water
- 4 baking potatoes, peeled and cubed
- 2 (15 ounce) packages refrigerated pie crusts

Directions

1. In a large saucepan, mix together the ground pork, cloves, cinnamon, onion, salt, celery, bay leaf and water. The water will help break up the raw pork. Simmer over medium-low heat for about 3 hours, or until the water has evaporated. Remove from the heat and discard the bay leaf.
2. Towards the end of the pork cooking time, place the potatoes into a separate saucepan and fill with enough water to cover. Bring to a boil and cook until tender, about 10 minutes. Drain and mash potatoes. When the pork is done, stir the mashed potatoes into that pan until evenly blended.
3. Preheat the oven to 375 degrees F (190 degrees C). Line two 9 inch pie plates with bottom crusts. Spoon equal amounts of the pork filling into each crust. Cover with top crusts and flute the edges to seal. Bake for 45 minutes in the preheated oven, or until crust is golden brown.



Celebrities and historical figures with mental health disorders

By William Smith

I am sure this feature may be a little controversial, and whilst I am not in any way undermining or trivialising the awfulness of a mental illness, it has struck me often that many of the great and powerful today and in history have indeed been afflicted with different mental disorders. This, and the news piece written by my colleague Rebecca Coxon entitled 'Is there a positive side to depression?' got me thinking.

On researching this article I read a feature on variety.com, the feature lists many famous people, world leaders, celebrities and high achievers who have all been documented as having some kind of psychiatric disorder. So I ask can being 'psychologically different' be a positive thing? After all I am sure we have all heard the saying 'there's a fine line between genius and madness'.

A few weeks ago I read two reports that Barak Obama is a narcissist, whilst according to variety.com Winston Churchill had marginal bipolar disorder and suffered from alcoholism, Abraham Lincoln had manic depression and Mahatma Gandhi had a chronic personality disorder. The list just goes on and on. John F. Kennedy

had a well documented 'hyper sexuality' which almost became part of his charm, whilst reports of his appetite for amphetamines and anabolic steroids caused concern.

Is there something that drives these people to crave leadership? Many great names of the silver and TV screen have had a history of mental illness. We know that an extraordinary number of comedians have suffered from depression -Spike Milligan's genius for comedy was matched by bouts of manic depression, David Walliams and Steven Fry also both openly discuss their afflictions.

Other stars had well documented mental health problems, these include Charlie Chaplin, Marlon Brando, Marilyn Monroe and Stanley Kubrick. Even the likes of Johnny Depp (anxiety disorders) and David Beckham (OCD) have spoken out about their issues.

So with all these people in mind, and in the certain knowledge that this list only touches the tip of the iceberg, I wonder if difficulty, struggle and a touch of 'crazy' can indeed lead to heightened creativity and a determination to succeed? <http://www.mentalhealthy.co.uk>

More work needed on reforming social assistance

Community Living Ontario commends the Government of Ontario on taking positive steps that will enable Ontario Disability Support Program (ODSP) recipients to keep more of their earnings, and the organization looks forward to working with the government on a plan that assists those who can't.

Minister of Children, Community and Social Services, Lisa MacLeod, provided details of how her government intends to reform social assistance in the province. Of particular interest to Community Living Ontario was the introduction of a \$6,000 annual earning exemption for ODSP recipients. Although the change includes a 75 per cent clawback for every dollar earned above that amount, it is far better than the

current 50 per cent reduction in income support that a person receives after earning \$200 a month. Minister MacLeod did not state when the change to the earning exemption will come into effect.

"Raising the amount that a person on ODSP can earn to \$6,000 per year, and calculating exemptions on an annual basis is exactly what we have been calling for," said Chris Beesley, Community Living Ontario's CEO. "This measure will ensure a more dependable level of benefit for people whose employment opportunities and income vary throughout the year. Reviewing financial eligibility annually rather than once a month will also no doubt be welcomed news to many people."

Community Living Ontario Press Release

Good Food Box

Get the nutrients you need while eating healthy with the Good Food Box. Order your box by December 5 to receive an assortment of fruits and vegetables. The box comes in two sizes. Small for \$10 and large for \$19.

Orders can be done online at www.goodfoodboxsudbury.ca or by calling (705) 848-1711. The Good Food Box can be picked up at 11 Mary Walk (Beside the Northern Lights Bowling Alley).

This month contains: carrots, onion(s), a head of lettuce, tomato(es), red pepper, a cucumber, bananas, apples, orange(s) and potatoes.



THE GOOD FOOD PROJECT
Sudbury and District

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.



8 Tips for Mental Wellness during the Holidays

#1—BUDGET : There are many expenses during the holidays. Whether you are buying presents, food or travelling, you may get in the habit of overextending yourself. Plan your holiday season in advance. Use cash or debit, never credit.

#2—Family: Not everyone in a family gets along and sometimes there are personality conflicts. Family members may try to guilt trips or push boundaries and you may feel obligated to do things you don't want to do. Be realistic about what you can and cannot do. Set boundaries and communicate with family members.

#3—Overindulging: During the winter months, our activity levels slow down and there are many opportunities to eat rich food and alcohol which can lead to feelings of guilt or shame. When you plan activities, allow the opportunity to be active.

Continued on page 10



8 Tips for Mental Wellness during the Holidays

Continued from page 5

#4 Taking on too much: You may have over-committed or experience unrealistic expectations during the holiday season. Pace yourself. Do not take on more than you can handle. Cut out things that are not important.

#5 Loneliness & isolation: Loneliness and isolation can be a concern for many during the holidays. Pick up a winter hobby, volunteer with a local non-profit and look for free holiday activities.

#6 Loss: The holidays can be a reminder of the loss of a loved one. Acknowledge the holiday will not be the same and create new traditions as a way to keep a loved ones memory alive.

#7 Seasonal Affective Disorder: Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in the season. Symptoms include tiredness, depression, mood changes, irritability, trouble concentrating, body aches, insomnia and over eating. Treatment of SAD may include light therapy, psychotherapy and medications.

#8 Year-End Resolutions: As the year comes to a close, many of us reflect on what has changed or stayed the same. Give yourself credit and look to the future with optimism.



December Membership Council Meeting: Pending

If interested in joining membership council please call 705.848.2879 for more information.

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 11:30 a.m. FOR EACH LUNCH TO ENSURE THERE IS ENOUGH. THANK YOU

Solutions?!

We welcome your solutions and questions!



Anyone can have suggestions, lets 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: Sup-

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 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 Production Zack & Lindsey.
Distribution: Members

Supported by: / Financé par :



Elliot lake and North Shore Community Legal Clinic

The legal clinic provides free advice and representation in multiple areas involving the law.

They work around the following

- Tenant rights
- Ontario Works
- Ontario Disability Support Program
- Canadian Pension Plan
- Old Age Security
- Criminal Injuries Compensation
- Native Issues
- Pardons
- Small Claims Court Matters
- Will Preparation and Powers of Attorney.

If you are presented with an eviction notice, or are having problems with your landlord please contact the Legal Clinic and find out your rights! They will make sure you are being treated fairly and that you are given everything you are entitled to. Call (705) 461-3935.

Shopping Bus trips with



The next shopping trip will be on December 16. Leaves Elliot Lake at 8:30 a.m. and returns approximately 7 p.m.

Please call AJ Bus lines up to a day before the trips to book your seats, and please refrain from paying for your seat on the bus.

The phone number is: 705-848-3013 Ext: 21

Upcoming COMMUNITY EVENTS

- Nov. 22 to Dec. 24 @ 10 a.m. to 4 p.m.—Festival of Trees on display at the Gallery at the Centre, located in the Lester B. Pearson Civic Centre, Tuesday to Saturday.
- Dec. 1 @ 10 a.m.—Annual Elliot Lake Fire Services Christmas Food Drive. (Donations of non-perishable items can be left on doorstep).
- Dec. 5 @ 6:30 p.m.—Community Christmas Concert, December at the Lester B. Pearson Civic Centre. Tickets: \$5 available at Elliot Lake Welcome Centre.
- Dec. 6 & 7—Moose 94.1 15th Annual Christmas Toy Drive Radiothon and Donate (Donations can be dropped off at 144 Ontario Ave.)
- Dec. 9 @ 10:30 a.m. & 7 p.m.—"A Thrill of Hope" a Christmas concert and Cantata in support of Elliot Lake Palliative Care. Holy Trinity United Church. Freewill offering.
- Dec. 25—Al Collette Memorial Dinner. The annual Christmas dinner held in memory of Al Collette will be held on Christmas. This is open to anyone who is looking for companionship for Christmas.

this MONTH in history

1847 Frederick Douglass publishes first issue of his newspaper "North Star."

1926 Detective novelist Agatha Christie mysteriously disappears for 11 days.

1948 1st US woman army officer not in medical corps sworn in.

1961 CFL Grey Cup, CNE Stadium, Toronto: A 6th title for the Winnipeg Blue Bombers; beat Hamilton Tiger-Cats, 21-14.

1962 50th Grey Cup, Exhibition Stadium, Toronto: Winnipeg Blue Bombers edge Hamilton Tiger-Cats, 28-27; play starts 1 December; only final ever suspended during play (fog), and first to be finished on a Sunday.

1976 Fidel Castro becomes President of Cuba, replacing Osvaldo Dorticós Torrado.

1982 1st permanent artificial heart successfully implanted (U of Utah) in retired dentist Barney Clark; lived 112 days with Jarvic-7 heart.

2014 Stephen Hawking claims that Artificial Intelligence could be a "threat to mankind" and spell the end of the human race.