

**Community Supports** **Phone Number**

Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
APH Community Mental Health Program	(705) 848 2314 ext 4002
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
<b>After Hours Crisis Support</b>	<b>1-800-721-0077</b>
<b>WARM LINE</b>	<b>1-866-856-9276</b>

# Club 90



## *Stepping Stones* *December 2020*



# Reminder:

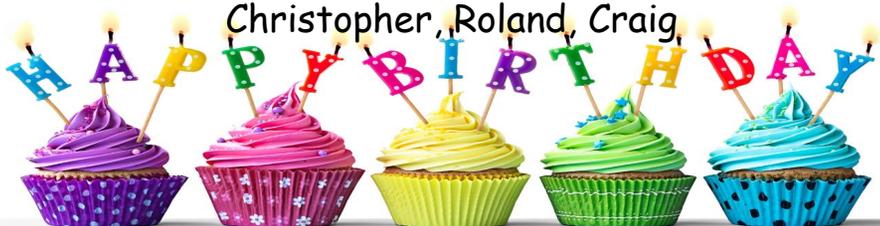
It is mandatory that masks/face coverings are worn at all times while at the clubhouse. This also includes when you are sitting at a table\*.

(\*Can be removed for eating only)



**We wear our mask to protect you.  
You wear your mask to protect us**

Robert, Natalie, James, Edwin, Collette, Chester,  
Christopher, Roland, Craig

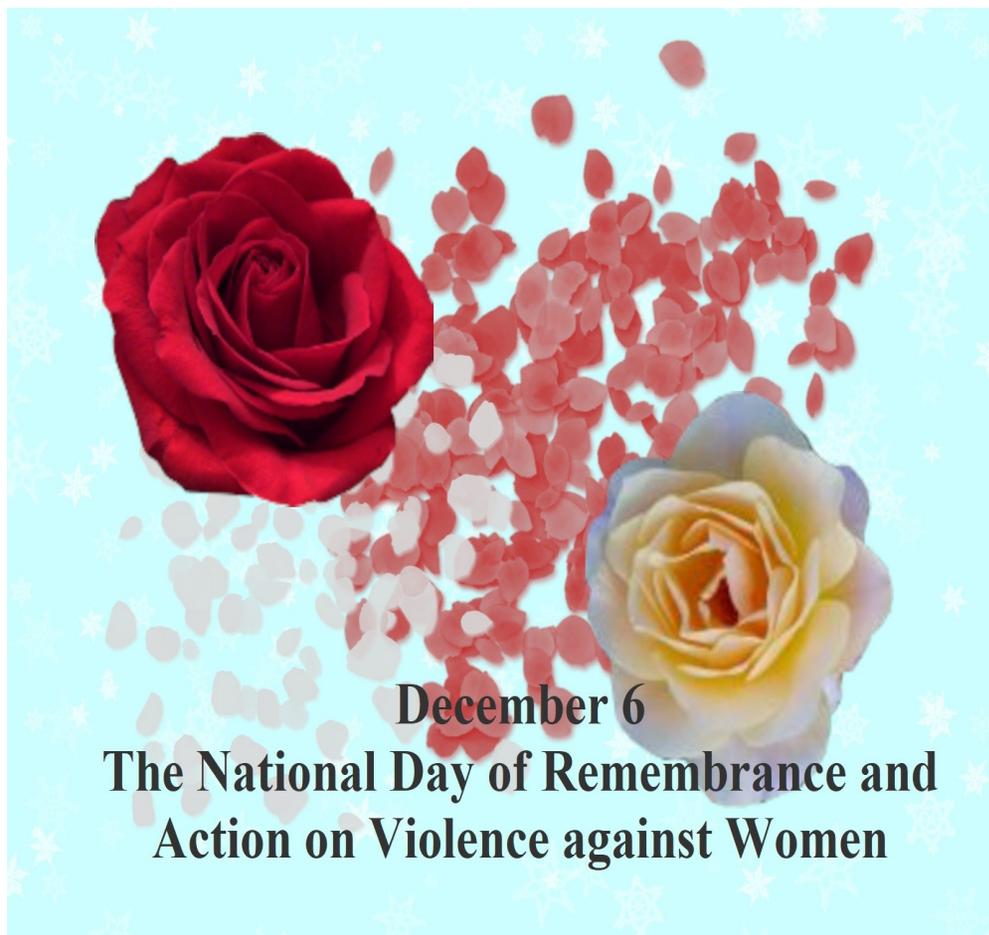


Stepping Stones created, published and delivered by members and staff of Club 90

## Stay Connected:

Check out the official North Shore Community Support Services/ Club 90 page to stay up-to-date on what's happening.

<https://www.facebook.com/nscssclub90/>



**December 6**

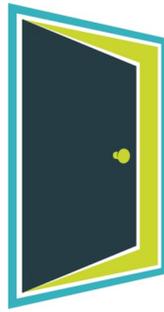
## **The National Day of Remembrance and Action on Violence against Women**

It has been 31 years since the tragic mass shooting at l'École Polytechnique de Montréal (December 6, 1989) that saw the promising lives of 14 young women cut violently short. This senseless act of targeted violence shook our country and led Parliament to designate December 6 as The National Day of Remembrance and Action on Violence against Women.

On December 6, we remember **Geneviève Bergeron, Hélène Colgan, Nathalie Croteau, Barbara Daigneault, Anne-Marie Edward, Maud Haviernick, Maryse Laganière, Maryse Leclair, Anne-Marie Lemay, Sonia Pelletier, Michèle Richard, Annie St-Arneault, Annie Turcotte, and Barbara Klucznik-Widajewicz.**

The National Day of Remembrance and Action on Violence against Women is about honouring those who have experienced gender-based violence; it is also a time to take action .

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**

# The end of 2020

We are in the final month of 2020, and what a year it has been. But you know what, we made it! We overcame new challenges, we adapted and we have grown in one way or another. We witnessed the world changing through civil right movements, the fight for equality and the fear of the unknown with a pandemic.

These past 12 months, the clubhouse has even changed. We adapted during shutdown to continue to provide support for our members. We adapted in our surroundings so we could open as soon as we got the green light and we have grown everyday with each and every one of you.

We have changed, the world has changed...and neither is finished in growth.

The holiday season can be a stressful for anyone and with not being able to see friends and family, it makes the it even harder. Make sure to reach out to friends and family virtually through video chat, practice self care and reach out for support if needed.

**Wishing you all a safe, healthy and happy holiday season!**

**Christmas Feast:** We will be holding a two-day Christmas Feast on December 17 and December 18. Spots are limited to **14 people per serving time**. Make sure to sign you (and a guest) up by December 14. This meal is at no cost. We are looking for members who can help us prepare on December 15. Those days we will be open 11 am to 1:30 pm & 3pm to 5pm to accommodate proper cleaning and sanitizing between servings.

**Clubhouse Closed:** We will be closed on Friday, December 25 and Monday, December 28. We are back open on Tuesday, December 29. If you or someone you know is a experiencing crisis call **1.800.721.0077**.

## Club 90: APP of the month



# ConnexGO



ConnexGO provides on the go, guided navigation to Mental Health, Substance Use, and Problem Gambling services within Ontario. This application offers users with the option to search for a variety of services by answering a short questionnaire, or by contacting our Information and Referral Specialist via phone, chat, or email. ConnexGO directs users to 24/7 crisis services based on their geographical location. Users are able to access service details such as description, referral information, location, hours of operation, and more...

Use ConnexGO to:

- Search for Mental Health, Substance Use, and Problem Gambling services in the surrounding area.
- Call, Email or Chat with an Information Referral Specialist.
- Access crisis services information in the surrounding area.
- Save search results in your folder to access later.

## 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



# Christmas on a budget

1. **Set a Christmas budget in advance.:** Work out how much you want to spend on people for presents and include decorations, food, and whatever else you think you will need. Stick to your budget – it's the indicator of what you can and cannot afford. Consider starting a budget straight after Christmas for future years.
2. **Talk to family about the costs and gifts.:** If you're really strapped, a decision to only give gifts to the children can sometimes ease budget constraints. One way to spend less on presents is to have each family member bring one present and do a gift exchange.
3. **Hold a "catch-up" Christmas.:** Make a nice meal, not an expensive one. Look at old cookbook recipes for thrifty Christmas cooking. Make homemade gifts from recycled and inexpensive items.
4. **Take advantage of sales during the year.:** Take advantage of the post-Christmas

sales for next Christmas. Keep a list of whose gifts you've already purchased, so that you don't double up on gifts. Make your own labels.

5. **Make your own Christmas gifts and decorations.** Make a "recipe in a jar" gift Make spice hot mats, Make a gift voucher for your parents for Christmas. There are a lot of homemade ideas online.

6. **Cut out unnecessary items.** Ribbons, bows, fancy tape, stickers, etc., are usually tossed away. Don't spend massive amounts of money on outside lights, keep it to a minimum and inside lights should be left off at all times when no-one is in the room, this saves on energy bills.



Wondermom Wannabe

# Activities to beat the winter blues

Staying active in the winter can be hard for people. But it is vital to get outdoors and experience the health benefits that come with the colder months such as vitamin D. Even 15 minutes of sunlight on your face and hands two or three times each week will help you get enough of the vitamin. Vitamin D helps build healthy bones and keep them strong as you get older, and has some other health benefits as well. Here are some fun winter activities to keep you busy and healthy for the next few months

- Snowshoeing
- Nature walk
- Cross country skiing
- Skating
- Spray paint snow art
- Winter bonfire
- Ice fishing
- Prepare your spring garden
- Get a hot chocolate
- Build a snowman
- Snowboarding
- Bird watching
- Go for a walk with a friend
- Walk your dog
- Make a snow angle
- Try dog sledding



Staff at Club 90 want to give a big heart-felt THANK YOU to Joe for his continuous donations to the café unit throughout the year! We are forever grateful and appreciative of your generosity

**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

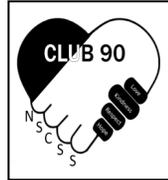
**Available by phone**

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

**NDP**  **NPD**

# 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.

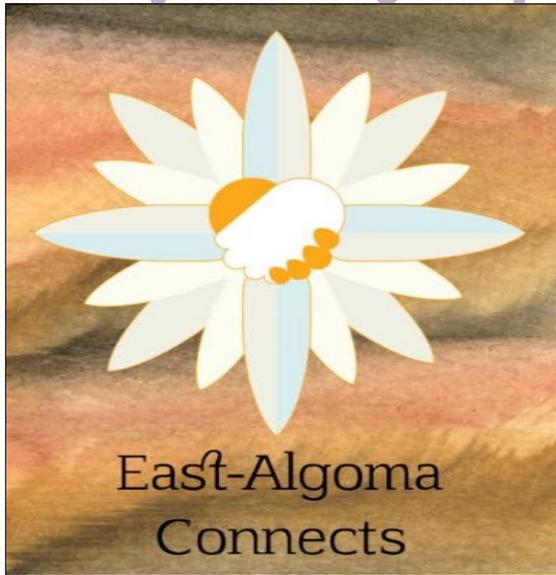


**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.



# 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](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.



# Getting Ready for Christmas



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

CANDY CANE  
 CHRISTMAS  
 ELF  
 HOHOHO  
 HOLLY  
 JOLLY  
 JOY  
 LIGHTS

MISTLETOE  
 NOEL  
 ORNAMENTS  
 PRESENTS  
 REINDEER  
 RUDOLPH  
 SANTA  
 SLEIGH

SNOW  
 STAR  
 STOCKINGS  
 TINSEL  
 TRAIN  
 TREE  
 WINTER  
 WREATH

# Stress and the holidays

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.
3. If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.
4. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Even though your holiday plans may look different this year, you can find ways to celebrate.
5. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.
6. **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to.

## holiday stress



7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
8. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical com-

## Need support during the holidays?

**Daytime Crisis:**

**705.848.2585**

**Afterhours Crisis:**

**1.800.721.0077**



## Getting ready for Christmas

Members and staff teamed up to create their own "Candyland" for the Elliot Lake Static Christmas Parade held on November 27.

With great creativity, giant lollipops, candies and a gingerbread house was made to be put on display.

Thank you to everyone who helped create a wonderful scene and joined in on the fun!!



# Recipe of the month:

## Toasted Ravioli

### INGREDIENTS

- 2 large eggs
- 1/2 c. milk
- 1 c. Italian bread crumbs
- 1/4 c. freshly grated Parmesan cheese, plus more for serving
- Kosher salt
- Freshly ground black pepper
- 1 lb. frozen ravioli
- Marinara, warmed (for serving)
- Vegetable oil, for frying
- Marinara, sauce for serving



### DIRECTIONS

1. Line a large baking sheet with parchment. In a shallow bowl, whisk together eggs and milk. In another shallow bowl, combine bread crumbs and Parmesan. Season with salt and pepper.
2. Working one at a time, dip ravioli in egg mixture then in bread crumbs, pressing to coat. Place on prepared baking sheet. Freeze until solid, 30 minutes.
3. In a large pot over medium heat, heat 2" oil until shimmering (about 365°). Working in batches, fry ravioli until golden and pasta is cooked through, 3 to 4 minutes, flipping as necessary. Place on a paper towel lined plate and immediately sprinkle with more Parmesan.
4. Serve warm with marinara for dipping.

## Dealing with Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a form of depression that occurs at the same time each year, usually in winter. Otherwise known as seasonal depression, SAD can affect your mood, sleep, appetite, and energy levels, taking a toll on all aspects of your life from your relationships and social life to work, school, and your sense of self-worth.

### Self-help for SAD

- Get as much natural sunlight as possible
- Exercise regularly
- Reach out to friends and family and let them help
- Eat the right diet
- Take steps to deal with stress

## Make a special Christmas Card!

See Kelly to have your photo taken and made into a personalized Christmas Card to share with friends and family!

## City transit enhancements start December 3

The City of Elliot Lake is pleased to announce enhanced services coming for Elliot Lake Transit starting December 2020.

- Return to extended service hours on Thursdays and Friday evenings
- New service hours on Sunday
- New stop located in lower plaza
- Access to real-time tracking of transit through a new 'Where's My Bus' application.

With the holiday season fast approaching and two new businesses planning to open in the Pearson Plaza, extended hours on Thursdays and Fridays will be returning. Transit will operate until 9:00 P.M starting the first week in December.

New Sunday hours will also begin the first week in December, operating from 8:30 am to 4:30 pm and will follow regular routes for Conventional Transit and through the existing Specialized Transit booking system for those eligible. Sunday service is being added on a trial basis to determine long-term viability as a permanent service.

To provide improved access to the lower plaza a new stop will be added. The stop will be located at the intersection of Horne Walk and Charles Walk (near AJ Bus lines head office). Updates to scheduling, route maps and sign installation will be taking place and the new stop will be operational December 1<sup>st</sup>.

Coming to transit riders in the New Year will be the application 'Where's My Bus'. This application uses the GOGPS system that tracks the current location of each conventional transit bus in operation. Passengers will be able to access this information with an app on their phone or home computer to verify the location of their bus and determine whether it's on time or delayed to better plan their trip and reduce time spent at stop waiting.

The new enhancements should improve the experience for passengers, provide more access to transit, and support local business.

Updated schedules and routes will be posted on the City website prior to launch, as well as posted in local media. The City would like to remind passengers to follow all COVID-19 protocols while using transit services including; physical distancing and wearing a mask. Transit fares remain waived at this time and are expected to remain waived until March 2021.



# Remembrance Day

## at Club 90

We were not going to let a pandemic stop us from observing Remembrance Day. While we were unable to attend a physical ceremony, we were still able to participate virtually with Bellwood Health Centre.

This way still allowed members to observe while remaining safe and came together for the Moment of Silence held at 11 a.m.

During the day, members participating in Remembrance Day colouring activities and movies.



## Celebrating all the holidays this time of year

**Hanukkah:** Hanukkah is a Jewish holiday that's celebrated for eight days and nights, beginning on the 25th day of the Jewish month of Kislev. The Jewish calendar is based on the lunar cycle, so Hanukkah can fall anywhere from November 28th to December 26th. "This holiday commemorates the rededication of the holy Temple in Jerusalem following the Jewish victory over the Syrian-Greeks in 165 B.C.E." People celebrate Hanukkah by lighting their menorahs, spinning dreidels and eating delicious foods!

**Kwanzaa:** Kwanzaa is a seven day holiday that celebrates African culture. It begins on December 26th and ends on January 1st. On the sixth day of Kwanzaa, there's a Kwanzaa Karamu, which is a big feast. Gifts of Kuumba (creativity) are given to loved ones. Kwanzaa's also celebrated through lighting the Kinara, performing and listening to traditional music and discussing African principles and history.

**Winter Solstice:** For Pagans, December means the holiday of Yule is coming! It falls on December 21st, which marks the winter solstice; which is the shortest day and longest night of the year. The winter solstice celebrates the rebirth of the sun, because days get longer from then on out.

**Las Posadas:** From December 16th through December 24th, Las Posadas is celebrated by some Hispanic families. It's a nine-day celebration before Christmas, beginning with a procession with candles, songs and sometimes even people playing the parts of Mary and Joseph who lead the parade. Every night of Las Posadas is celebrated with gifts, piñatas, song, parties, tamales and prayer.

**Diwali:** While this holiday falls a little bit before the rest, Diwali, or the Festival of Lights, is a five-day long Hindu holiday celebrating life and the victory of good over evil. Taking place in October or November, each day of Diwali has a different legend it celebrates, but the holiday is filled with fireworks, feasts and family. The date of Diwali is determined based on the Hindu lunisolar calendar.

**Chinese New Year:** The Chinese New Year is celebrated for 15 days, beginning on the first day of the lunar new year. The 15th day of the new year is the Lantern Festival, which is celebrated at night with a parade. The Chinese New Year marks the end of winter and the beginning of Spring and is a time to be spent with family and loved ones, eating and enjoying time together. So this holiday season, think outside of the Christmas box and appreciate all of the great holidays celebrated during the most wonderful time of the year! Happy Holidays, collegiettes!

**Christmas:** Christians celebrate Christmas Day, December 25, as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion.

# The adventure begins January

DUNGEONS AND DRAGONS @ CLUB 90

***Campaign: Krenko's Way***

Level 1 to Level 2 party  
with a level 1 start

**"Krenko's Way" is a short adventure for a party of 4 to 6 first level adventurers who might advance to second level by the adventure's conclusion. It is set in the Tenth District of Ravnica and serves as an introductory adventure to the setting.**

**Hosted by Dungeon Master Aubrey.  
Keep an eye out for more details in January**



Your opinion  
can help us  
improve

ONTARIO PERCEPTION OF CARE SURVEY

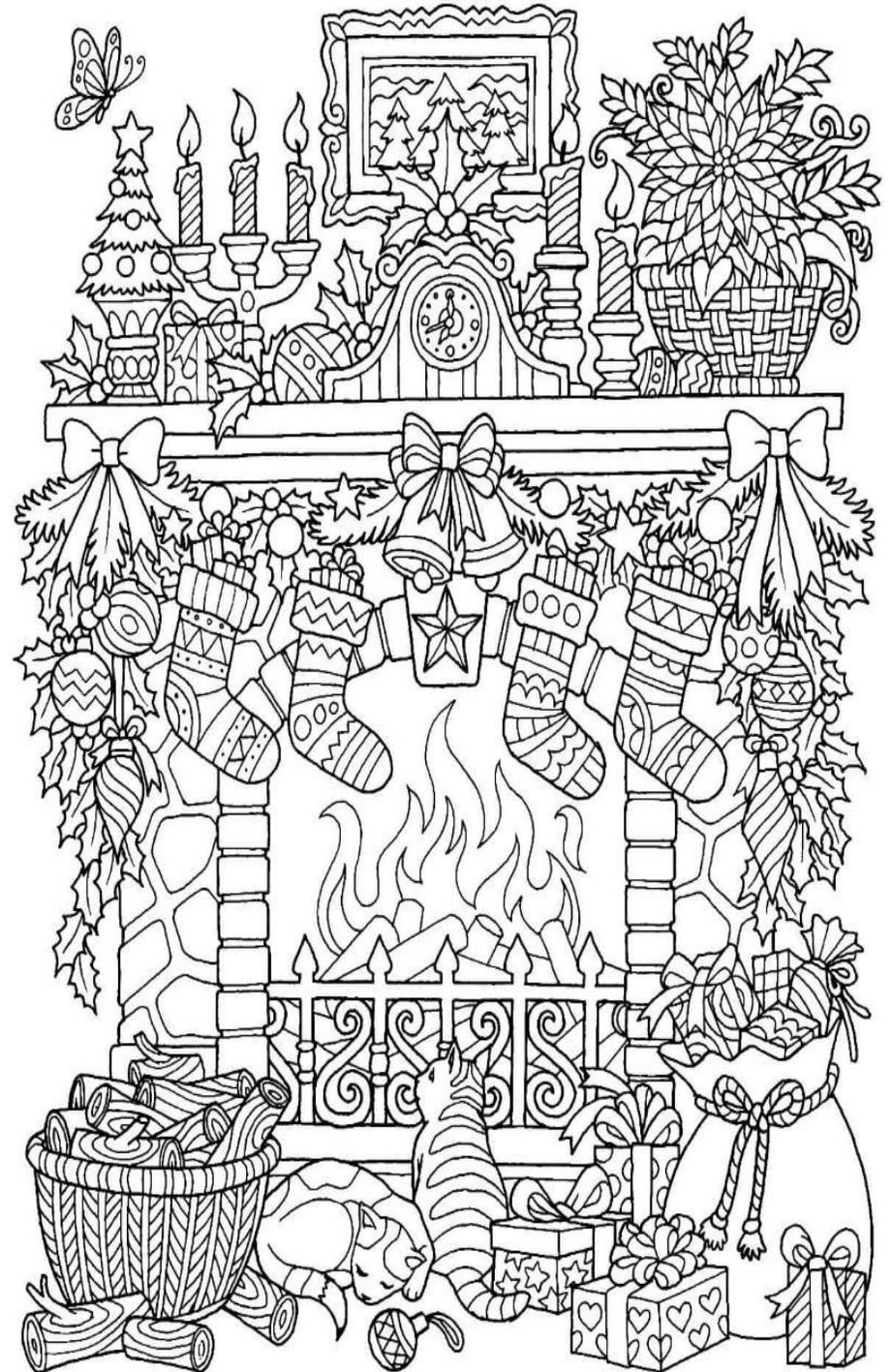
**DECEMBER 7-11**

All participants of the OPOC survey  
will be given a \$5 McDonalds  
gift card.

See Kelly or Laura for more  
information

In the mental health and addictions system, a client's perception is widely seen as a key indicator of the quality of the care. Though many organizations gather feedback from clients using a variety of tools, there is no consistent way that this information is collected and reported. Since there is so much variation in the types of client feedback surveys, the information gathered cannot adequately be used to guide quality improvement efforts at the program/service and system levels.

We will be doing OPOC with our clients during the week of December 7 to 11. Each participant will receive a \$5 McDonalds gift card upon completion.



# Celebrating Christmas during a pandemic

We know that Christmas will be different this year due to the pandemic, but that doesn't mean we can't celebrate the festive season in creative way.

Here are some tips to stay safe yet jolly this holiday:

**Host a virtual gathering:** using platforms such as zoom, duo or Facebook messenger allows you to interact with family and friends in real-time. You can enjoy virtual meals, or even go for a walk and look at Christmas lights together.

**Send out Christmas Cards:** Who doesn't like receiving a card? Sending out Christmas Cards with a small letter inside lets people know you are thinking about them this season. Here at the Club, we are making personalized photo cards. Sign up and have one made with Kelly.

**Check your local health unit:** As the pandemic continues, there are new rules and regulations set out by Public Health to keep people safe. Check updates regularly through reliable news sources to see what is allowed, not allowed and tips to keep safe.

**Stay stocked up and follow rules:** If you decide to have a gathering, make sure to follow the proper two meter social distancing and have guests wear masks. Keep hand sanitizer and single use paper towels for guest to use.

**Location, location location:** If you are able to, move your gathering to an outdoor space. Have a backyard Christmas party with a bonfire to keep warm. The fire will also come in handy for making smores.

**Self-isolate, testing:** People are likely to travel during the holidays. If this is something you choose to do, remember to self-isolate for 14 days when you come home. You can also take precaution and have a COVID-19 test done prior to travelling and once you return home.

**Virtual night:** Since the start of COVID, many games have become available virtually for people to place together. You can also participate in "watch parties" which is a way for multiple households to watch a movie together

## Club 90

# Christmas Dinner

This year's dinner will be held on December 17th and 18th. Open hours and meals will be from 11:00-1:30, and 3:00-5:00  
 First Serving @ 11 a.m.  
 Second Serving @ 3:30 p.m.



*Our seating limit is 14 people, make sure to sign up by December 7, 2020*