

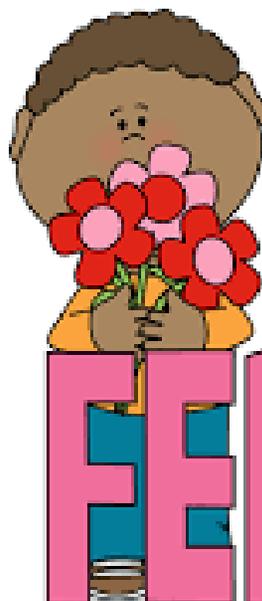
Community Numbers

NAME OF ORGANIZATION	ADDRESS	PHONE NUMBER	FAX
Algoma Family Service	31 Manitoba Rd., Elliot Lake, ON., P5A 2A7	(705) 848-0790 Crisis: (705) 759-3398	(705) 848-1078
Algoma Public Health	302 - 31 Nova Scotia Walk (ELNOS Building)	(705) 848-2314	(705) 848-1911
Alcoholics Anonymous		(705) 461-3150	
ADSAB Housing	2 Elizabeth Walk, Elliot Lake, ON. P5A 1Z3	(705) 848-7153 ext: 311	(705) 843-0482
Assaulted Women's helpline		1-866-863-0511	
Camillus Centre	9 Oakland Blvd, Elliot Lake, ON P5A 2T1	(705) 848-7182	
City of Elliot Lake	45 Hillside Drive North Elliot Lake, ON P5A 1X5		(705) 848-2287
Club 90	6-10 Paris Dr., Elliot Lake, ON., P5A 2L9	(705) 848-2879	(705) 848-3752
Community living Algoma	255 Hwy 108 N., Elliot Lake, ON., P5A 2T1	(705) 848-2475	
Counselling Centre of East Algoma	9 Oakland Blvd., Suite 2 Elliot Lake ON, P5A 2T1	(705)-848-2585 After hours: 1-800-721-0077	(705) 848-9687
Consumer Survivor Initiative (Beehive)	118 Ontario Ave, Elliot Lake, ON P5A 1Y2	(705) 461-3912	
East Algoma Mental Health Clinic	31 Nova Scotia Walk, Elliot Lake, ON P5A 1Y9	(705) 848-9131	(705) 848-9131
Elliot Lake Family Health Team	31 Nova Scotia Walk, Elliot Lake, ON P5A 1Y9	(705) 461-8882	
Elliot Lake Food Bank	4 Charles Walk, Elliot Lake, ON P5A 2A3	(705) 461-3663	
Hospital	70 Spine Rd, Elliot Lake, ON P5A 1X2	(705) 848-7181	
Larry's Place - Men's Shelter		(705) 461-9868.	
North Shore Legal clinic	31 Nova Scotia Walk Suite 300, Elliot Lake, ON P5A 1Y9	(705) 461-3935	(705) 461-3966
March of dimes		(705) 848-4840	(705)-848-0432
North Channel Literacy Council	10 Paris Dr., Unit 1, Elliot Lake, ON., P5A2L9	(705) 578-3200	(705) 578-3201
Oaks Centre (Detox)	9 Oakland Blvd, Elliot Lake, ON P5A 2T1	(705) 848-2129	
ODSP	2 Elizabeth Walk., Elliot Lake ON., P5A 1Z3	(705) 848-7153	(705) 843-0482
Ontario Works	2 Elizabeth Walk., Elliot Lake, ON P5A 1Z3	(705) 848-7153	(705) 843-0482
Supportive Independent Living (SIL)	31 Nova Scotia Walk, 3rd Fl, Elliot Lake, ON., P5A 1Z9	(705) 461-9561	(705) 461-9561
Women's Crisis Centre (Maplegate)		(705) 461-7977 Crisis: (705) 461-9868	
St Vincent de Paul Thrift Store	29 Elizabeth Square, Elliot Lake, ON P5A 1Y8	(705) 461-1355	
NON-EMERGENCY OPP NUMBER	47 Hillside Drive North, Elliot Lake ON P5A 1X5	(705) 848-6975	

Club 90



Stepping Stones



2019

FEBRUARY





Carol Hughes
 MP/Députée
 Algoma-Manitoulin-Kapuskasing

My office can help you with:

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- 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
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Wear pink and stand up against bullying

Every year on February 27, Canadians band together to wear pink shirts and stand up against bullying in schools, workplaces, homes and online.

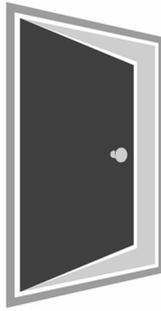
In the past, bullying was something that was done in the schoolyard during school hours. Now with the internet, bullying is done 24/7 by friends, acquaintances and strangers.

Pink Shirt Day was created in 2007 by a group of high school males who banded together and wore a pink shirt in solidarity and to show support for a young boy who was being harassed for wearing the same colour shirt.

Since the inauguration, more than 180 countries come together and wear a pink shirt to show that bullying will not be tolerated.



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

Friendship is in the air at Club 90!

The Clubhouse has been a busy place this winter with members coming down to play billiards (pool) and games. They participated in arts and crafts and beat away the winter blues by learning new skills and hobbies.

Forming friendships is vital. It keeps us from being alone and it keeps us mentally and physically strong. Friendships also improve the quality of our lives.

When you think of February, you think of hearts and this month is Health and Stroke Awareness. Do you know your symptoms of a heart attack or stroke? We've included a handy guide for men and women to know the symptoms and when to call 9-1-1.

Club news: The Clubhouse will be closed on Feb. 18 for family day. Check out local events around the town for activities that may interest you!

This month we will be working on skill building such as budgeting, grocery shopping and resume building. If you are interested in participating check out our "What's happening" calendar for more information and our "What's Cooking?" for daily meals.

February 27 is Pink Shirt Day to stand up against bullying. Come by the clubhouse in your pink shirt as we unite and continue to provide a safe space for everyone.

Club 90 will be having guests every Friday for six weeks starting Feb. 7. Christian Horizons will be visiting from 1 to 3 p.m. using our kitchen for healthy cooking classes. Everyone is welcome to join. The fee is \$5 per class. For more information call (705) 848-1711 or stop by Club 90 to sign up.



Club 90 welcomes the new year!



It was a busy afternoon at the Clubhouse on January 4 as members, volunteers and staff rang in 2019 with a “Welcome to the New Year” supper. The Thai style meal made by members and volunteers and was enjoyed by more than 30 people.

Guest speaker talks discusses addictions



Malin Johnson, public educator with the Counselling Centre of East Algoma, was the special guest speaker for January’s consumer/survivor breakfast. Malin came to Club 90 to talk about “Addiction: Finding Balance in Recreation.” Malin’s presentation opened discussion from club members who shared their stories regarding their own struggles finding balance.

From our kitchen

Gouda Mac and Cheese



Ingredients:

- 3 tbsp chopped garlic
- ½ tbsp black pepper
- ¼ cups white wine
- 1 ½ cups heavy whipping cream
- ½ tbsp wet chicken base
- ¼ cups grated smoked gouda cheese
- ¼ cups sharp cheddar cheese
- ¼ cup American cheese
- ¼ cup Panko Japanese breadcrumbs
- ¼ cups parmesan cheese
- 6 oz. elbow macaroni or medium shells

Method:

1. Boil pasta in salted water 7-12 minutes. You can refrigerate overnight and use later as needed.
2. Mix the breadcrumbs and parmesan cheese and set aside
3. Add the first five ingredients in a large double boiler and cook over a medium heat stirring the mixture regularly until it starts to steam on top.
4. Add the cheeses and stir constantly until completely mixed and remove from heat.
5. Mix the pasta and sauce together until creamy but not runny.
6. Put in a baking dish and sprinkle with the breadcrumb mixture

Bake or broil until brown

Signs of heart attack IN MEN



- Uncomfortable pressure or squeezing in center of chest
- Shortness of breath
- Discomfort in back, jaw and neck
- Nausea
- Unusual fatigue
- Stomach pain
- Cold sweat

Signs of heart attack IN WOMEN



- Shortness of breath
- Indigestion
- Unusual fatigue
- Stomach pain
- Sleep disturbance
- Dizziness
- Discomfort in back, jaw and neck
- Uncomfortable pressure or squeezing in center of chest
- Unexplained Anxiety

With February being Heart & Stroke Awareness Month, it is important to know the key signs that could be indicating that you are having a heart attack or stroke.

What is a stroke?

A stroke happens when blood stops flowing to any part of your brain, damaging brain cells. The effects of a stroke depend on the part of the brain that was damaged and the amount of damage done.

Remember **FAST** to help detect if you are having a stroke and seek immediate medical help.

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

6 Ways to beat the winter blues

Maximize exposure to sunlight : Spend more time outdoors during the day and arrange indoor environments to receive maximum sunlight. Open curtains, sit by a window or bundle up and go for a walk around the block.



Give yourself something to look forward to: It doesn't need to be a fancy event. Knowing you're seeing friends on a certain day, or a special activity that is coming up can cause excitement.

Avoid isolation: Surround yourself with positive people, family and friends. Try different hobbies or activities to keep the mind active. Come down to Club 90 for daily activities and to see friends!

Make it a habit: Exercise relieves stress, builds energy and increases mental and physical well-being; it can be made easier and more consistent by making a habit of taking a daily noon-hour walk or partaking in an activity at a certain time each day. Club 90 offers a yoga and meditation activity twice a month! Check the "What's happening" calendar for the date.

Listen to music: Research has shown that music can have helpful impact on mental health. It can be used as a coping strategy or to escape from stress or decompress from a day's work. Crank the tunes on the way home, or try something more formal, such as playing an instrument or going to a concert.

Talk about it: It's important to acknowledge that you're experiencing the blues, or any difficulty, in the winter months, and to not ignore it. If you need someone to talk to, come down to Club 90 and speak with a mental health worker or even a friend.

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.



Club 90 Creative Writing Corner

"Those wonderful tree's

"A girl named Marg

They bring me close to nature

Lived in a big mansion

Oh how my soul soars"

With a big monster"

By: George

By: Anonymous

"My cat is better

"Descending the road

I feel on top of the world

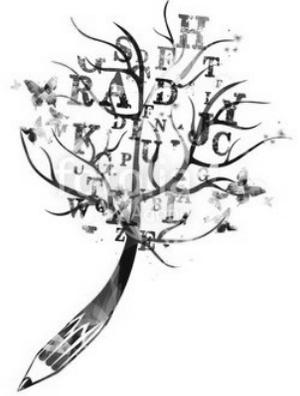
The distant high rugged cuff

We are both happy"

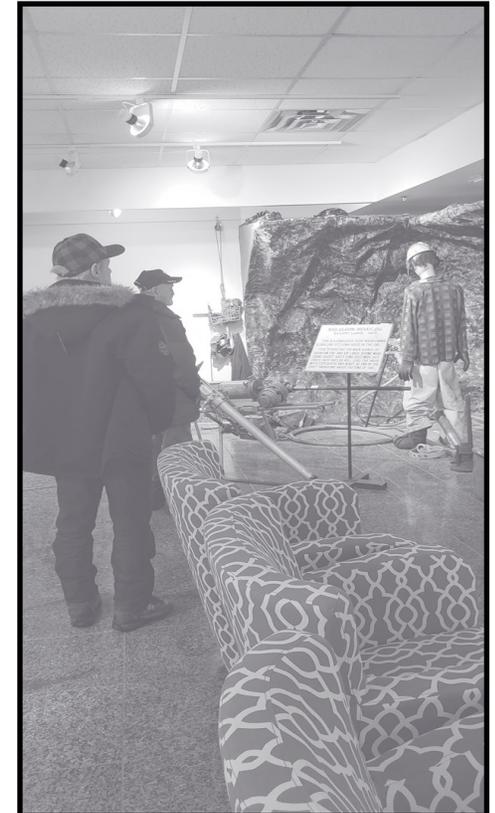
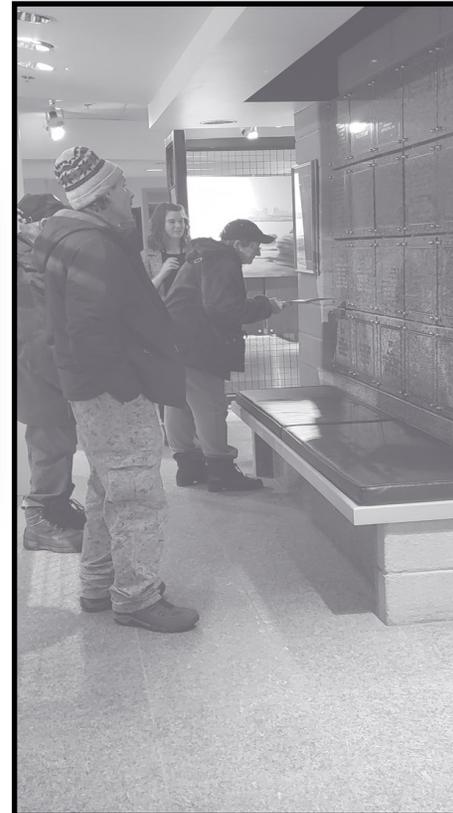
Gives me much pleasure

By: Anonymous

By: George



Club 90 goes to the Nuclear Mining Museum



What do you think?

Does journaling help?



When you think about journaling you may picture someone sitting with a pen or pencil scribbling their thoughts on paper often kept in a notebook.



However, there are so many different types of journaling. From dream journals to bullet journals. Or food journals to travel journals. Anyone can take document in any way they want to.

What can you use your journal for:

- Record daily events to remember at a later day.
- Celebrate small wins to make you feel better when you're feeling down.
- Create future goals and steps to achieve them.
- Write down words of motivation and encouragements.
- Journal what you feel
- Make it personal. Draw and colour inside. Use stickers or colourful ink.

Do you keep a regular journal?

Members learned about the history and culture of Elliot Lake when they went on a tour of the Nuclear Mining Museum in January.

let's do lunch

FREE MEMBERS LUNCH AT CLUB 90

Free lunches are on Tuesdays and Thursdays

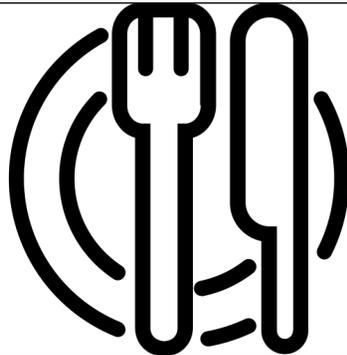
PLEASE EITHER COME IN OR SIGN UP BY 11:30 a.m. FOR EACH LUNCH TO ENSURE THERE IS ENOUGH. THANK YOU

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: Supportmh@nscss.com

Club 90 Members Daily Dinner at 4:00pm

Please call in by 2:00 pm for
your dinner for \$2.00 reservation:
705-848-2879



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 Members
Distribution: Members

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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.

Consumer Survivor Breakfast

This Month's topic is:

Public Educator with the Counselling Centre of East Algoma, Malin Johnson, will be talking about "Coping Mechanisms."

Date: February 8, 2019

Location: Club 90



Time: 10 a.m.

Fee: Free

Struggling to get help

By: J.V

"Are you sure you want to stay?"

It was a simple question asked by the psychiatrist intern, but it felt as though it undermined the hours we spent wading through the chaos of our health care system when it comes to mental illness.

This past month, the reality of attaining help during a mental health decline shines a light on the crisis our health care system is in and the wait times in Northern Ontario.

Along with the frustration and almost hopelessness sense it gives to the person and their support system.

Our journey began at 12 p.m. We got a call a family member was in crisis and their partner didn't know what to do. The two other family members got in the vehicle and make the two-hour drive west to Sudbury.

After conversing to get a full picture of what has been happening, we push past the tears, the worry and the knot of anxiety and ask: "Do you want to get help?"

We're one of the luckier families. We were met with a yes and the willingness to voluntarily agreeing to help needed.

It's 4:30 p.m. and we felt hope and relieve, we have registered with the intake nurse and we have been triaged. We remained positive and waited patiently for our names to be called.

Continued on page 9



Gentle Shepherd Church
3 Ottawa Ave.

Cordially invites you to

'A Heart for Burma' Benefit

Roast Beef Dinner
Soup and Salad
Dessert Tea and Coffee

Tickets: \$20.00 per person

Saturday, February 16, 2019

6:00 pm

Musical Entertainment

Cake Auction to begin at 8:00 pm

For tickets and more information, please contact
Gentle Shepherd Office at 705-848-8569 or
Diane Kyd at 705-461-3291

Good Food Box

Get the nutrients you need while eating healthy with the Good Food Box. Order your box by February 13 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).



Struggling to get help

Continued from page 9

It's after 8:30 p.m., we return to the hospital. We catch a glimpse of the previous worker from before and inform him we've been sent back for admittance. Again, we registered, we triaged, we waited.

By 9 p.m. we were back in the little waiting room with the same purple couches and single chair. It had two hours before we saw the psychiatrist intern who tells us they are unsure if they have any beds and asks our family member if they are sure they want to admit themselves. The answer given was "yes" and we were told we'd be waiting awhile to see the psychiatrist.

At this point, it's started to feel like a losing battle. It's after midnight and our family member begins to get upset about wanting to go home as they are now tired of having to tell their story over and over.

But we waited, sprawled out on the couches, fighting off sleep and wondering if we will see anyone before the sun rises.

After 1 a.m. the nurse came into the room, gown in hand and told us that they have a bed. We were met with relief until we were informed the bed is in the hallway, a place our loved one did not want to be left. But it had been a 10-hour journey to get to this point and they agreed to stay.

We emerged out of the tiny room by 1:30 a.m. The fluorescent lighting blinded us as though we had emerged from a dark caver, and the once bustling emergency room had cleared out and only a lone couple sat in the emptied waiting room.

For years we've been told that access to mental health services is improving, yet we were handed so many opportunities to give up. From long wait times to added finances to transportation struggles, the system is not set up to properly help those in need. It raises many questions about getting mental health help in a flawed system. Would others wait as long? Do they have the necessary means to get from place to place if needed? Is there an added financial cost to those seeking help?

If you are in need of help or looking to talk to someone you can call the North Shore Community Support Services/Club 90 at 705-848-2879 and we can help you in the right direction.



Club 90 tournament winners

By: George



January Tournament Winners	Rick Cup (Elite sequence): George
Chester Cup (Elite pool): Rick	Heather Cup (Tier two sequence): Christine
Carole Cup (Tier two pool): Bill	

We also have a fun league, where members are encouraged to come down and have fun.



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Tickets \$20 each

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SATURDAY 8 pm
16 February

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(705) 461-5464

Struggling to get help

Continued from page 7

We're one of the luckier families. We were met with a yes and the willingness to voluntarily agreeing to help needed.

It's 4:30 p.m. and we felt hope and relieve, we had registered with the intake nurse and we had been triaged. We remained positive and waited patiently for our names to be called.

We watched as the minutes turned to hours and the room saw familiar faces leave and new faces emerge.

Finally, we were called into a small room that was dimly lit and furnished with two purple two-seater couches and a single purple chair.

"How are you feeling?" we asked.

"I feel good," they responded.



We waited three more hours until finally, the door opened. What felt like our step toward victory was instead met with our first hurdle.

"There will be a few hours wait."

Since our loved one wasn't a risk to harm themselves or others, it was not taken as a priority case. The silver lining, if we didn't want to wait, we could be accessing the crisis intervention services 3.4 km away. After coming this far we got in the car and traveled to our next destination.

It's 7:30 p.m. and we arrived at our second destination of the night. The hospital had called ahead, and we were in an out within the hour. But, it was recommended that we return to the hospital to see if there was a bed that our loved one could stay in. The other option was to go back and ask for the day hospital program. We confirm with the crisis worker that the hospital is expecting us before leaving.

Continued on page 11

The Goodness of Life

by Ralph Marston

Though there is much
to be concerned about,
there is far, far more
for which to be thankful.

Though life's goodness can
at times be overshadowed,
it is never outweighed.

For every single act
that is senselessly destructive,
there are thousands more small, quiet
acts
of love, kindness and compassion.

For every person who seeks to hurt,
there are many, many more who
devote their lives to helping and to heal-
ing.

There is a goodness to life
that cannot be denied.

In the most magnificent vistas
and in the smallest details,
look closely,
for that goodness always
comes shining through.

There is no limit
to the goodness of life.
It grows more abundant
with each new encounter.
The more you experience and
appreciate the goodness of life
the more there is to be lived.

Even when the cold winds blow
and the world seems to be covered in
foggy shadows,
the goodness of life lives on.
Open your eyes,
open your heart,
and you will see that
goodness everywhere.

Though the goodness of life
seems at times to suffer setbacks,
it always endures.

For in the darkest moments
it becomes vividly clear
that life is a priceless treasure.

And so the goodness of life
is made even stronger
by the very things
that would oppose it.

Time and time again
when you feared it was gone forever
you found that
the goodness of life
was really only
a moment away.

Around the next corner
Inside every moment
The goodness of life
Is there to surprise and delight you

Take a moment to let the goodness of
life
touch your spirit and calm your
thoughts.
Then, share your good fortune with an-
other.
For the goodness of life grows
more and more magnificent
each time it is given away.

Though the problems constantly
scream for attention
and the conflicts appear
to rage ever stronger,
the goodness of life grows stronger still,
quietly, peacefully,
with more purpose and meaning
than ever before.