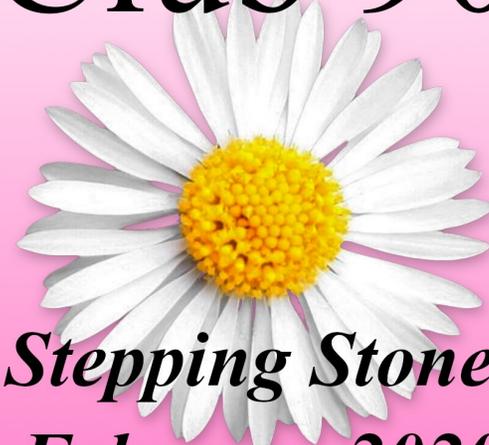


## Community numbers

**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
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

# Club 90



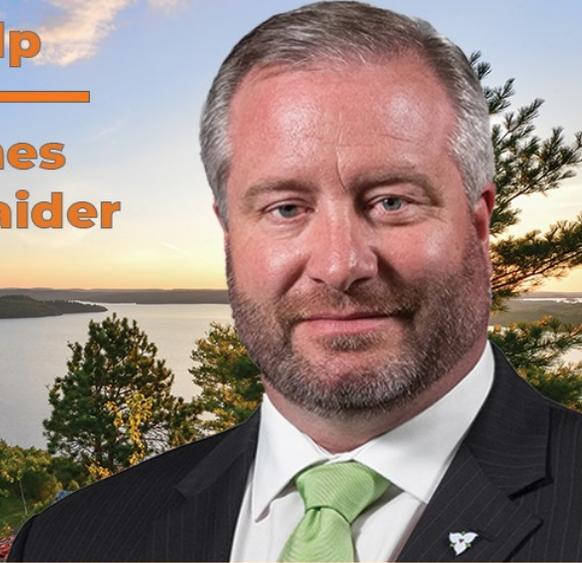
*Stepping Stones*  
*February 2020*



**We are here to help**

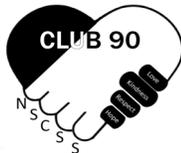
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**Nous sommes là pour vous aider**



**Michael Mantha MPP**  
**Député Algoma-Manitoulin**  
 705-461-9710

## FUN STOP: Find the logo

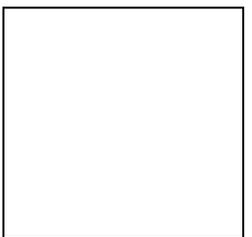


Look throughout this month's edition of Stepping Stones and try and find the NSCSS/CLUB 90 logo!

## Solutions?! We welcome your solutions and questions!

Anyone can have suggestions, 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](mailto: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](mailto: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



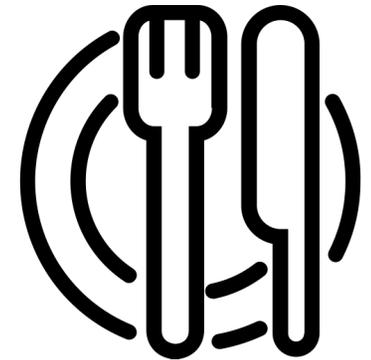
# let's do lunch

## 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 \$2.50 reservation:  
705-848-2879



**Come out and Celebrate on Feb. 21 2020 the birthdays of:**  
**Michael C. Alice, Candice, Peter, Lawrence, Doug, Douglas, Rod, James, Crystal. Stacey, Cathy, Ricky and Brenda**

**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**

## Don't let the negative thoughts win

Have you ever thought about trying a new hobby or developing up-on a skill only to not do as well as you were expecting? This feeling of personal failure has a way of scaring us into not trying new things such as activities, making friends or experiencing new foods.

The other day, I wanted to take advantage of the beautiful weather and go for a walk in one of our beautiful trails here. Within 10 minutes, I instantly regretted it. The snow on the unbroken trail came past my knees, I kept falling and even cried once or twice because my automatic thoughts kept telling me what a failure I was and that I couldn't do this.

But I challenged every thought that came. For every "no" I said "yes." for every "failure" and "quitter" thought I replied "I am trying." I put one foot in front of the other, I took my time and I reached the end.

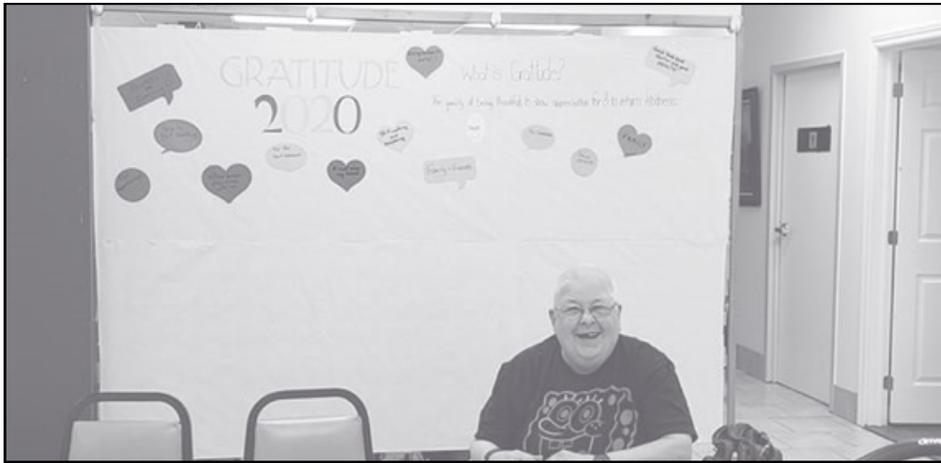
And although I had every opportunity to turn back or to quit, I kept trying. Because the feeling of at least trying outweighs the damage negative automatic thoughts would have left me with.

When we give power to this feeling, we are not growing but instead stalling our recovery.

**Notes:**

- **We will be closed on February 17 for the Family Day holiday.**
- **Due to the increase cost of groceries and budgeting—we will be making our meals weekly. We will not be putting out a monthly meal calendar for February. Please call the club or check online what's for supper.**
- **Starting March 1, there will be new prices for the Café Unit to help offset costs of the unit. Meal cards are available from workers.**

## Starting off 2020 showing our gratitude



We started the year off by getting members and staff to write down what they are grateful for or to have in their lives and posted it on our “Gratitude 2020” wall. Some of the responses written included:

- When people play games with me.
- For opportunities.
- Family and Friends.
- For a roof over my head.
- Still walking and breathing.
- Good food, food shelter and good health

*Gratitude  
is the best  
Attitude*

This year, we are stressing the importance of gratitude while recognizing and appreciating what we have and what we have been given. There are many positive benefits to expressing gratitude on a daily basis. So, rather than focusing on the “what if”, “what could have been” and the “wanting of more,” We challenge you to pause and appreciate what you **HAVE** in this moment rather than what you **WANT**. Adding gratitude to your life is a step to positive change.

## Club 90 learns how to keep the brain active



In January, we welcomed Wende Diemer from the Alzheimer’s Society to be our guest speaker at our Consumer/Survivor Breakfast.

During the discussion, participants learned ways to keep the brain active to help slow down the progression of dementia when we age. This includes doing puzzles, learning new skills, exercising and even socializing with friends/family over a cup of coffee.

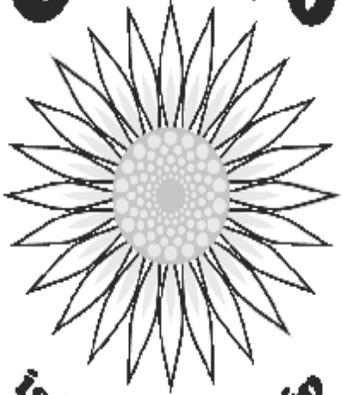
Club 90 gives a big **THANK YOU** to Wende for taking time out of her day to spend the morning with us here.

Our next Consumer/Survivor will be held at 12:30 p.m. on Feb. 20th. We Are welcoming Carrie Powell from the East Algoma Mental Health Clinic, who will be here to talk about how to navigate the mental health system.

**Make sure to sign up prior to the event** to ensure that there is enough for everyone. This is a free event with a free lunch, thus there will be no supper served at the club that day.

# 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.

## 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.



## A furry friend comes for a visit

In January, we welcome Darlaine who came and visited the clubhouse with her retired therapy dog, Gypsy. While here, Darlaine and Gypsy taught members who to properly greet a strange dog (by approaching from the side of the dog and not in front of) and how to give a treat that would reduce the risks of getting nipped by the animal (in the hand, with the palm flat at the height of the dog).

Member (and staff) were able to ask Darlaine their own questions on how to work with their own furry family members at home such as walking, ball returning and more. While here, members expressed their excitement to be greeted by a unusual guest.



## 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.

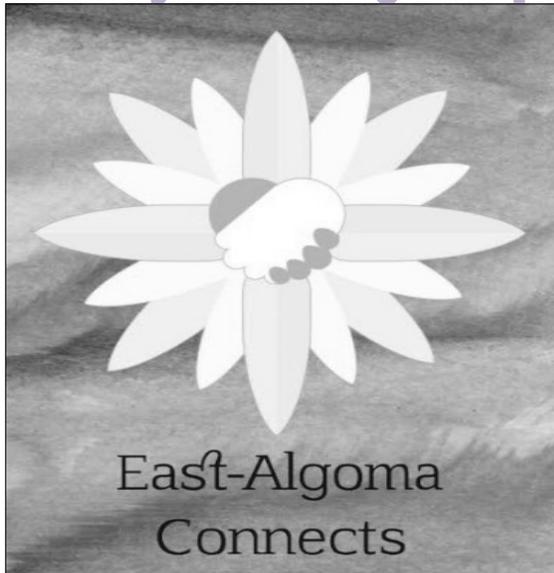


**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.



## 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.



**Open:**

**Monday: 7 am to 2 pm**

**Tuesday: 7 am to 7 p.m.**

**Wednesday: 7 am to 7 p.m.**

**Thursday: 7 am to 7 p.m.**

**Friday: 7 am to 7 p.m.**

**Saturday: 7 am to 6 p.m.**

**Sunday: 8 am to 2 p.m.**

Home of the all day breakfast

## NSCSS/Club 90 welcomes COURTNEY

I'm in my second year at Cambrian College in the Social Service Worker Indigenous Specialization program.

I'm also the president of the Cambrian Indigenous Student Circle as well as an infinite Reach Facilitator for the Metis Nation of Ontario.

I've lived in Elliot Lake almost all of my life and I've done some volunteering for various organizations around town.

I'm doing my final placement for school with North Shore Community Support Services Club 90 and I'll be facilitating some Indigenous events during the next few months.

We're going to be doing Indigenous crafts, a monthly gratitude circle, and smudging just to name a few.




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## Talk to yourself like you would to a friend

In January, we held a discussion on loving ourselves through self-compassion and positive self talk. Self-compassion is the ability to show empathy, love, concern and acceptance to ourselves—particularly when we are faced with failure in our life.

When you find you are being too hard on yourself because you didn't do well at something, or you got a bad haircut stop and ask yourself "Would I be saying this to a friend?" chances are, you would not be. So why are you saying it to yourself?

We only have this one life. When you feel like you are being too hard stop and ask yourself "What would I say to a friend?"

## It's time to adopt an attitude of gratitude

Twenty-nineteen was a year of many challenges for me. Those challenges have been not free of obstacles and hurdles, moments of sheer exhaustion and wanting to just give up. But here I am, looking forward to a new chapter of my life – one in which I have taken the steps to create. Some might call it fate, I do call it "being where I am supposed to be when I am supposed to be" (because otherwise, where would I be? Headscratcher, right?) So here I am – back close to my family and friends. That does not mean that I have not grieved what I have chosen to sacrifice to be here – but that I have chosen to walk through each day with an "attitude of gratitude"; how cliché of me, how social worky of me, I know.

Here's the thing. Adopting an attitude of recognizing the good things in your life – it is by no means a cure or an answer to anything. It is, however, a meaningful step forward in every day that we get to wake up to. And it is a choice I can make – a choice in my life that I can control when all else seems to be falling apart – I can choose to be thankful for even the smallest of things – and that one moment of gratitude – it may offset a horrible day, or it may only give me a moment of peace and clarity. I still choose that moment for myself. And the impact this can have, not only affects me but others around me. I have watched so many people this Christmas season, complain about so many things. So many things that soooooo many people in this world, even in our small community, are unable to access for whatever reason – and yet the privileges are still "not enough".

I challenge you – begin this new year, this new decade – to check yourself. Before you complain about something – is it really something you should be thankful for??? Is it something that is detrimental to your health or someone else's – physical, emotional, psychological? Are you really being deprived of something, or are your expectations that of the 21st century in that everything should be perfect, incredibly fast and exactly how you would do it? In that moment of clarity-I challenge you to change your attitude to one of thankfulness – even if it is for a slice of pizza that might be too doughy, or a gift that you found disappointing, or having to wait an extra two minutes in line for food at a fast-food establishment while someone is being trained. Think beyond yourself.

Change starts with each and every one of us – you'd be surprised how much more patient and peaceful you will feel once you begin acknowledging the needs you actually do have met daily. And that you have a choice – to be thankful, or not to be.

I choose gratitude. How about you?

Here's to 2020!

**Kerry Hamilton, MHW**

# Important message to our members

Due to rising cost of groceries, we are increasing our daily meals to \$2.50 a plate. Meal cards will remain the same price.

5 meals—\$8.00

10 meals—\$15.00

22 meals—\$30.00



**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, 3<sup>rd</sup> Floor, Elliot Lake, P5A 1Y9

phone: 705.848.0229 fax: 705.848.1539

Toll Free: 1-800-256-7299

website: [www.elnos.com](http://www.elnos.com)

# From our kitchen

## Butternut squash soup



### INGREDIENTS:

- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash  
- peeled, seeded, and cubed
- 1 (32 fluid ounce) container chicken stock
- Salt and pepper for taste



### INSTRUCTIONS:

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.
2. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

# Club 90: APP of the month



## WOEBOT



### What is Woebot?

Woebot is an automated conversational agent (chatbot) who helps you monitor mood and learn about yourself. Drawing from a therapeutic framework known as Cognitive Behaviour Therapy, Woebot asks people how they're feeling and what is going on in their lives in the format of brief daily conversations. Woebot also talks to you about mental health and wellness and sends you videos and other useful tools depending on your mood and needs at that moment.

### How does it work?

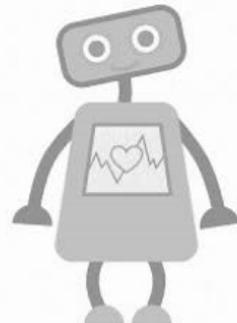
Woebot is built using a combination of natural language processing, psychological expertise, excellent writing, and sense of humor to create the experience of a friendly informative conversation for all of the people that talk to Woebot.

### Who's it for?

We originally built Woebot for young adults in college and graduate school. However, we encourage anyone to try it and see if Woebot is a fit for you. Feel free to give us feedback by going to our Help Center.

### Is it free to talk to Woebot?

Our mission is to make the best psychological tools radically accessible to those who need them. As such we are lucky enough to not have to charge users for Woebot's services at this time. However, this may change at some point as we move towards establishing a sustainable business.



Name: \_\_\_\_\_

## FEBRUARY WORD SEARCH

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

BLACK HISTORY

FEBRUARY

HEART

LOVE

PRESIDENT'S DAY

VALENTINES DAY

COLD

GROUNDHOG DAY

LEAP DAY

PHIL

SHADOW

WINTER



# What's Happening February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 AM: Coffee Social PM: Stepping Stones Meeting	4 AM: Meditation for stress PM: Spa Day	5 AM: Coffee Social PM: Bingo	6 Lunch & Learn with Courtney: Gender Identity	7 Sports Day 	8
9	10 AM: Coffee Social PM: Opposite hand challenges	11 Anishinaabe Folklore Day	12 AM: Coffee Social PM: Smudging/ Gratitude Circle	13 Lunch & Learn with Courtney: Cultural appropriation	14 Friendship Day 	15
16	17 CLOSED FOR THE DAY 	18 AM; Meditation for grounding PM: Metis Games	19 Am: Coffee Social PM: Crafts: Dream Catchers	20 Consumer Survivor Lunch at 12:30 with East Algoma Mental Health	21 Gratitude Day and Birthday Party	22
23	24 AM: Coffee Social PM: Movie: Story of King Tut	25 AM: Vision Board PM: Trivia	26 AM: Coffee social PM: Craft: Healing Blanket	27 Pink Shirt Day Newsletter Folding	28 PM: Rare Disease discussion with Kerry.	29

## NOTES:

- Consumer/Survivor Lunch will be held at: 12:30 p.m. There will be no supper this day.

## PRICE CHANGES

- Starting Feb.1 Coffee/Tea will be 0.25 cents a cup.
- Starting March 1, meals will cost \$2.50, meal cards will remain the same price.