

Community Numbers

Algoma Family Service | (705) 848-0790
Crisis: (705) 759-3398

Algoma Public Health | (705) 848-2314

Alcoholics Anonymous | (705) 461-3150

ADSAB Housing | (705) 848-7153 - EXT 311

Assaulted Women's Helpline | 1-866-863-0511

Camillus Centre | (705) 848-7182

City Hall | (705) 848-2287

Community Living Algoma | (705) 848-2475

Counselling Centre of East Algoma | (705) 848-2585
After hours: 1-800-721-0077

Consumer Survivor Initiative | (705) 461-3912

East Algoma Mental Health | (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

North Shore Legal Clinic | (705) 461-3935

Club 90



Stepping Stones

July 2019





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

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

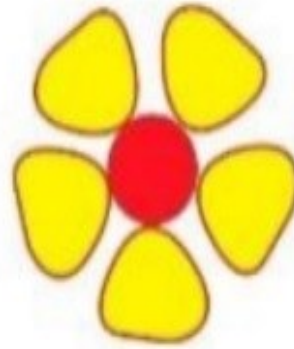


We are here to help

Nous sommes là pour vous aider

Michael Mantha MPP
Député Algoma-Manitoulin

705-461-9710



ELLIOT LAKE **Blossoms** Fresh Fruit Arrangements™ **& Bistro**

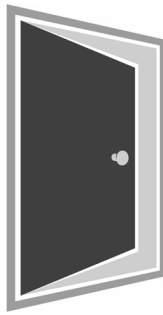
From soups to sandwiches, we have your cravings covered!
Come check us out in the HILLSIDE PLAZA.



Check out "Elliot Lake Blossoms" on Facebook for our full menu and a look at our amazing edible fruit and vegetable arrangements that we deliver in Elliot Lake and Blind River!

- Monday - 10AM to 5PM
- Tuesday - 10AM to 5PM
- Wednesday - 10AM to 5PM
- Thursday - 10AM to 5PM
- Friday - 10AM to 5PM
- Saturday - 11AM to 4 PM
- Sunday - Closed

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:

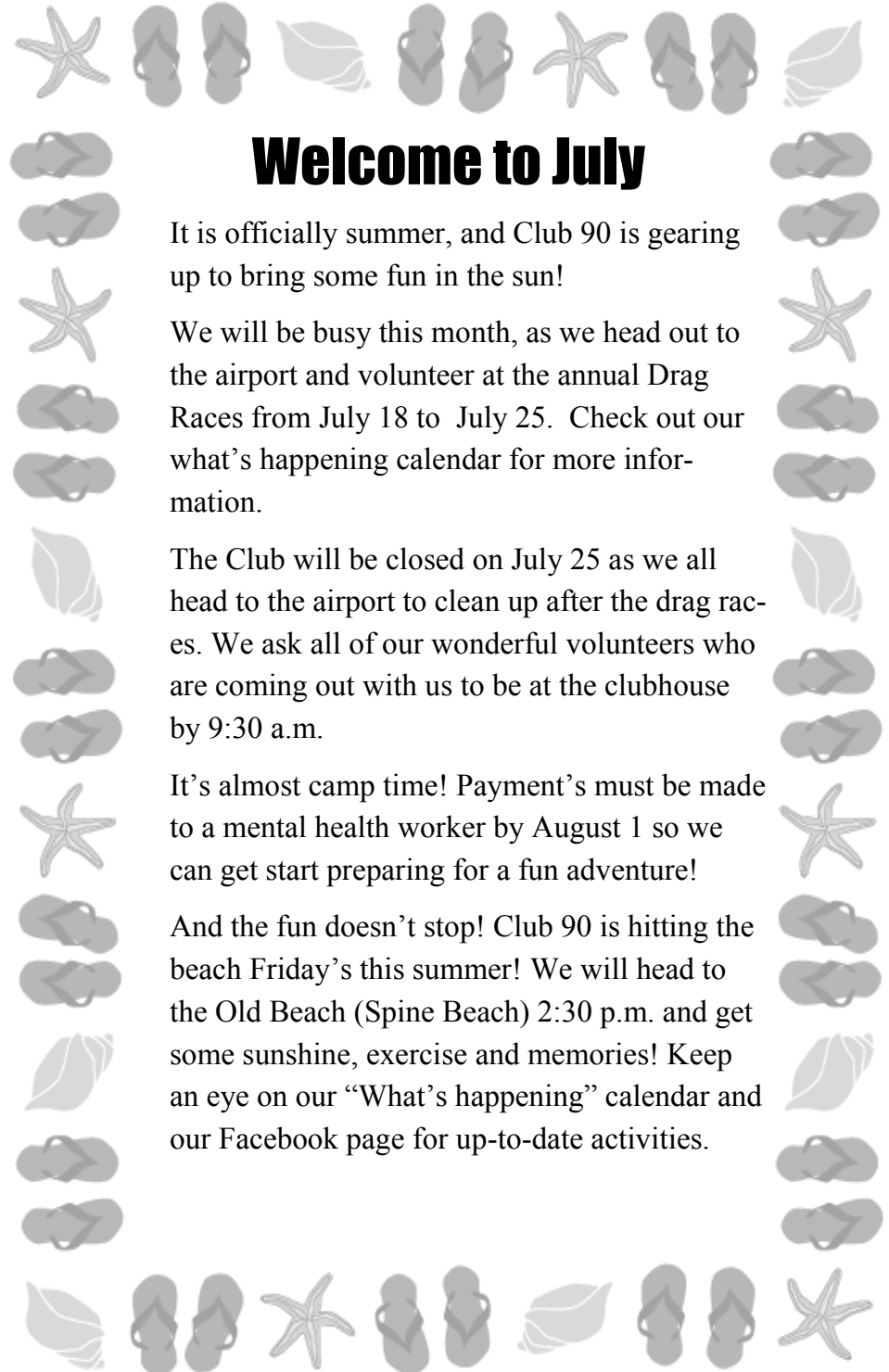
9 Oakland Blvd., Suite 2
Elliot Lake, ON P5A 2T1
(705) 848-2585

Blind River Office:

1 Industrial Park Rd., Suite 210
Blind River, ON P0R 1B0
(705) 848-2585

AFTER HOURS CRISIS NUMBER:

1-800-721-0077



Welcome to July

It is officially summer, and Club 90 is gearing up to bring some fun in the sun!

We will be busy this month, as we head out to the airport and volunteer at the annual Drag Races from July 18 to July 25. Check out our what's happening calendar for more information.

The Club will be closed on July 25 as we all head to the airport to clean up after the drag races. We ask all of our wonderful volunteers who are coming out with us to be at the clubhouse by 9:30 a.m.

It's almost camp time! Payment's must be made to a mental health worker by August 1 so we can get start preparing for a fun adventure!

And the fun doesn't stop! Club 90 is hitting the beach Friday's this summer! We will head to the Old Beach (Spine Beach) 2:30 p.m. and get some sunshine, exercise and memories! Keep an eye on our "What's happening" calendar and our Facebook page for up-to-date activities.

AGM a success



A big shout out to everyone involved in making our Annual General Meeting a success on June 19.

It was announced at the event that the North Shore Community Support Services Inc. (NSCSS) serviced 376 people during the 2018-2019 fiscal year on a budget of \$356,133, which comes from the North East Local Health Integration Network (NELHIN) and Ministry of Health and Long Term Care (MHLTC). Broken down, each person who has access to the NSCSS services does so at a rate of \$3.95 a day.

Presentations were done by staff who talked about sanism, successes of the programs, and the East Algoma Connects app. A surprise announcement was made, which will see the return of Kerry Hamilton to the NSCSS/Club 90 to the family! She will be back in the office August 1.!



Club 90 learns about the opioid crisis



Kenna Crawford, the Community Alcohol/Drug Assessment Program with Algoma Public Health (APH) was our consumer/survivor breakfast guest speaker for June.

Kenna brought her wealth of information regarding the opioid crisis that is in the Algoma District as well as answer questions that listeners had. She also explained the purpose of Naloxone kits and where in town they can be picked up.

In May, the APH sent out a press release regarding the use of opioids due to a rise in suspected opioid poisoning in the region.

Reaching out for help

- Call 911 if you suspect an overdose.
- Reach out to friends and allies in the community who are ready to help.
- Learn more about this community issue and be ready to connect a loved one to health and social services if they are ready for help.

Getting naloxone

Get a free [naloxone kit](#) from Algoma Public Health by calling 705-848-2314



Consumer/Survivor BBQ set for July 12

Malin Johnson, public educator with the Counselling Centre of East Algoma, will be putting on a seminar on “Positive Male Role Models” here at the Club-house.

This time however, we are going to have a BBQ supper (no charge) rather than a breakfast!

Dinner will be served at the regular 4 p.m. time! Make sure to sign up by July 11

Staff talks Human Trafficking

In June, staff held a discussion on the reality of human trafficking in our backyard.

Webster’s dictionary defines human trafficking as: “The action or practice of illegally transporting people from one country or area to another. Typically for the purposes of forced labour or sexual exploitation”

Who is at risk of human trafficking?

- Addictions, suffering from mental health and/or developmental disabilities,
- Any age,
- Any gender: Male, female, LGBTQ+,
- Any race: High rate of Indigenous women (MMIWG).

Stats:

- 5% of human trafficking victims are women,
- 72% are under the age of 25,
- 26% are younger than 18.
- 2/3 of human trafficking activity takes place in Ontario.

Sudbury is Northern Ontario’s main hub for human trafficking

Operation Northern Spotlight - Oct. 2018: Over the span of seven days, Greater Sudbury Police and 45 other police services in Ontario engaged with 218 potential victims. Fifteen people were arrested with 45 charges laid.

What is being done:

Education - Having the conversation,
 Support - counselling, peer support, health services, 24/7 access,
 Launched May 29, 2018 - Confidential 24/7 human trafficking toll-free helpline: 1-833-900-1010,
 Online: www.canadianhumantraffickinghotline.ca
 Ontario Provincial Police: 1-888-310-1122

Eco-Mat @ Paris

Located in the Paris Plaza
at 10 Paris Drive

Free WIFI
available
to our customers

Offering wash & fold services, pay per use machines
and an onsite seamstress

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.



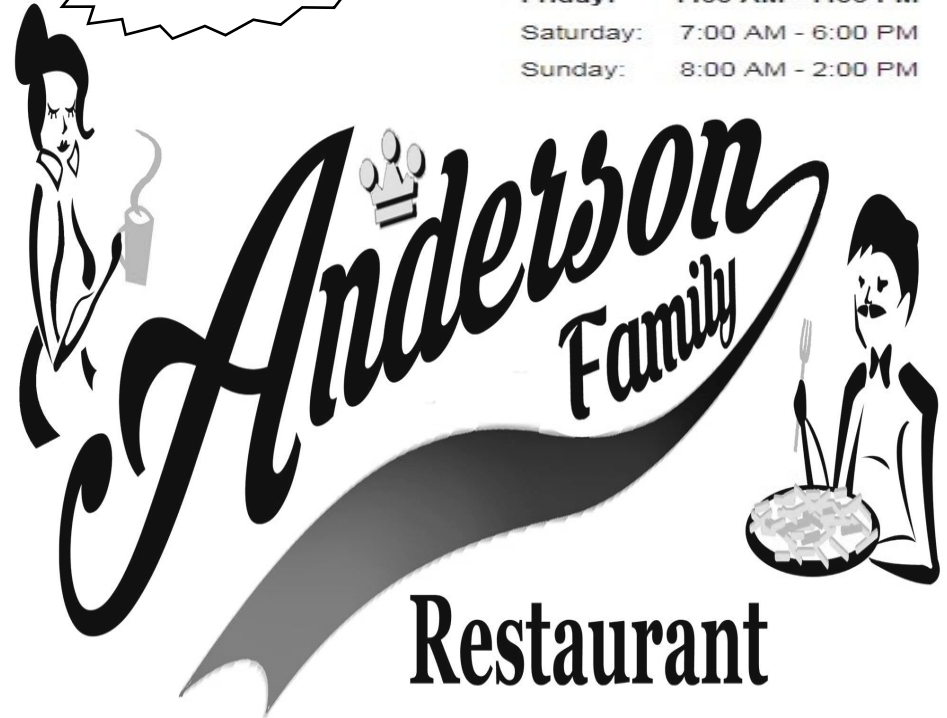
East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



Located in the Hillside Plaza

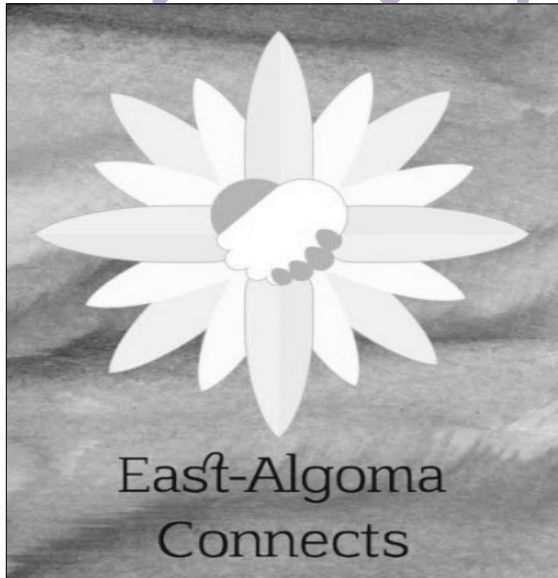


| | |
|------------|-------------------|
| Monday: | 7:00 AM - 2:00 PM |
| Tuesday: | 7:00 AM - 7:00 PM |
| Wednesday: | 7:00 AM - 7:00 PM |
| Thursday: | 7:00 AM - 7:00 PM |
| Friday: | 7:00 AM - 7:00 PM |
| Saturday: | 7:00 AM - 6:00 PM |
| Sunday: | 8:00 AM - 2:00 PM |



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 **helplines** to access. Visit East Algoma Connects at www.eastalgomaconnects.com or download or app for free on your cell-phone! You can also call our information referral line at (705) 848-2109.



Come try one of our omelettes:

- Cheese Omelette
(Canadian sharp cheddar)\$8.50
- Veggie Omelette
(peppers, tomato, mushroom & onion)\$ 8.50
- Classic Western Omelette
(diced ham, onions, mushrooms, peppers & cheese).....\$10.50

let's do Lunch

FREE MEMBERS LUNCH AT CLUB 90

Free lunches are on Tuesdays and Thursdays

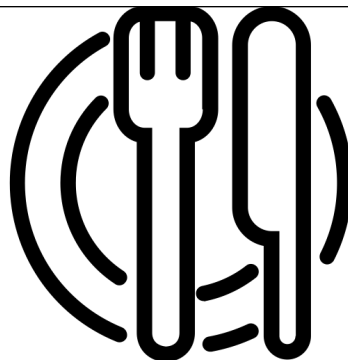
PLEASE EITHER COME IN OR SIGN UP BY 11:00 a.m. FOR EACH LUNCH TO ENSURE THERE IS ENOUGH. THANK YOU

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 1:00 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, fax: (705) 848-3752 or email: mhsupport@nscss.com. Mail us at:

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Distribution: Members

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Local Health Integration
Network
Réseau local d'intégration
des services de santé



Friendly reminder to get your Camp Thompson money in before AUGUST 1



DATES AND PRICE

\$30 FOR FULL TRIP (AUGUST 13, 14, 15)

\$5 FOR DAY TRIP (AUGUST 14)



What I gained by being part of Club 90

Several months ago, I was suffering from a deep depression. I had no purpose, no reason to continue living. We were new to town, starting a new chapter in our lives. Nothing was familiar. I was lost with no direction. It felt like someone had cut the cord to my existence and I was in a free fall until that fateful day we decided to check out Club 90.

We had seen their newsletter at the laundromat and thought that it might be a place to get information about where I could get help with my depression. Little did I know, this decision would completely change my life. Not only did they point me in the right direction for counselling, but they followed it up with an invitation to teach me how I could help myself get the most out of my counselling.

I began attending seminars and talks. I got to know some of the participants and in my conversations with them, I learned that I wasn't alone. Having peer support was a new experience for me. I never realized how important that could be. To know it was okay to have a bad day and that I would not be judged harshly for not accomplishing anything in that day felt freeing. I learned to let go of things that were weighing me down and I learned to accept that I didn't need to fix everyone's problems and to take care of myself. Once I dropped all that baggage, I had more room and time in my life to relax and think about my future.

Club 90 has many tools that helped me to learn more about myself and how my environment affected my mood. One tool that has become an amazing source for me is "mood mapping." Not only does this tool give you a visual picture of your moods, but it also allows you to make notes to explain your day. This information has led to some interesting revelations for me. With the help of a staff member, I had some really interesting "aha" moments.

The next tool I was given was "goal setting." I started with simple goals that would make changes in my life for the better. We talked about the things that I liked to do, things that made me happy, things that would show more "sunshine" days on my mood map. This is still a work in progress and I have learned that is okay.

I have come to see that Club 90 is a wealth of information to help you deal with your past and to show you how to start a new future. All you need to do is just ask.

It is not all work at Club 90, you can play too. Club 90 has taught me that play can be therapeutic. You can play cards, pool, board games or just colour. There are other activities that are scheduled throughout the month. If you have a talent for crafting, you are welcome to share. **P.12**

What I gained by being part of Club 90

Continued from page 7

Another aspect of Club 90 is its food. Some days, you can walk in and be greeted with the mouth-watering aroma of freshly baked cookies and a new pot of coffee brewing. How inviting is that? On those days, when you feel that cooking is just too much to deal with you can find a warm nutritious meal at Club 90. You won't be disappointed. There is something about sitting down with a group of peers and enjoying a meal.

I have learned at Club 90 that you don't have to be alone dealing with depression. Just to feel this can change your day. Another thing I have learned from attending the Club is that it doesn't hurt to try something new. New activities, a new way of thinking, new ways of doing everyday things and new ways to be good to yourself.

Journaling was something that was new to me. I fought with the idea for quite some time. So I applied the "start with a simple task" tool I acquired and began with just expanding my notes from my mood map. As time went on, I started to see the benefit of writing down daily thoughts and happenings. Some days, I just wrote lists of questions for my counsellor or doctor. And then brought my journal to appointments to refer back to. Journaling has become a very useful aid to me. When I have days where nothing makes sense, I sit down and put my thoughts on paper. This allows me to let go of all the stuff and free up my mind. It has become a great tool to teach me to just sit still and relax.

This simple task is very difficult for me, but my body and mind are feeling the benefits. Self-care is something I have always struggled with. Attending Club 90, learning new tools and talking to peers has shown me just how important self-care is.

Thanks to Club 90, I am back on track. I have a purpose and a direction again. After attending an information session at Club 90 with Employment Options, I am fully employed and loving my new job. I will be forever grateful that I stepped through their doors. I will continue to come back when I can because I have learned that living with depression is an ongoing adventure.

I never know what I will wake up to each morning, but with my new tools I know I got this. I have learned that we all need reminders once in a while too and I know that that is okay. I also now know where I can get those reminders.

Thank you, everyone, at Club 90.

This letter was written by one of our members, who asked to remain anonymous.

11 What to do if you suddenly find yourself homeless

First of all, are you safe? Whether you've been kicked out by your parents, fled an abusive relationship, left a burning building or been evicted (or any other of the myriad reasons people become homeless) your safety is important. If you feel you are in immediate danger of serious harm call 911. If you are mobile (vehicle or public transit) go to a public space — police station, library, shopping centre etc. — until you can figure out your next steps.

Second, remember two important facts: You are a person experiencing homelessness. Don't let others categorize you to the point that they put your homelessness first and you second. For the majority of people homelessness is a very transitory state.

Third, look to see what resources exist within your own social network. This is not the time to be shy about asking for help.

- Do you have friends or family who might let you stay for a day or a week?
- Is there someone who owes you \$50 that might be in a position to pay it back?
- Do you belong (or have you ever) to a faith community, cultural group, service club or other association that might be willing to help you out?

Unfortunately, many people become homeless when they have exhausted all these resources.

Fourth, find out what is available in your community. Elliot Lake has shelters and community kitchens to fill your need. Club 90 also has resources to refer you to community partners that can help in this period of time.

Brought to you by www.homelesshub.ca

What you need when you suddenly find yourself homeless 8

Food:

- Find your local food bank, mission or group where you can get low cost meals.
- Some dollar stores carry low cost food such as canned goods

Shelter:

- Locate your local shelters where you can stay.
- Sleep with your bag strapped to you, so someone can't steal it.
- some churches offer short term residence

Hygiene:

- Club 90 offers showers and hygiene products at our location.
- Dollar stores carry low cost products such as shampoos and deodorants.
- Check out your local thrift stores for clothes.

Other:

- First aid kit
- sunscreen
- a travel alarm clock or watch
- mylar emergency blanket
- a backpack is a must
- downgrade your cellphone to a pay as you go with top-up cards
- sleeping bag
- travel kit of toothbrush, hair brush/comb, mirror
- swiss army knife/ can opener

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING HOMELESSNESS COME DOWN TO CLUB 90 FOR HELP.

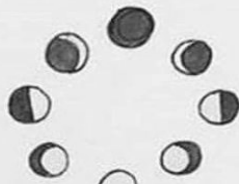
THINGS TO GIVE YOURSELF



CREDIT



a BREAK



TIME



PERMISSION TO
MAKE MISTAKES
(AND FORGIVENESS
WHEN YOU DO!)



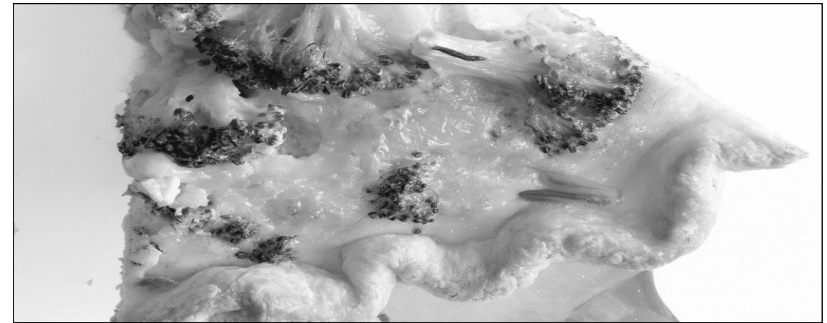
a PEP TALK



GRACE

W 08-09-17

From our kitchen



Easy Broccoli Quiche (Vegetarian)

INGREDIENTS

- o 4 eggs, well beaten
- 2 tbsp butter
- o 1 ½ c. milk
- o 1 onion, minced
- o 1 tsp salt
- o 1 tsp garlic, minced
- o ½ tsp pepper
- o 2 c. chopped broccoli
- o 1 tbsp butter, melted
- o 1 (9 inch) unbaked pie crust
- o 1 ½ c. mozzarella cheese, shredded

INSTRUCTIONS

Step 1: preheat oven to 365 degrees F (175 degrees C)

Step 2: Over medium-low heat melt butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese

Step 3: Combine eggs and milk. Season with salt and pepper. Stir in melted butter. Pour egg mixture over vegetables and cheese

Step 4: Bake in preheated oven for 30 to 50 minutes, or until center has set



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