

Community Numbers

NAME OF ORGANIZATION	ADDRESS	PHONE NUMBER
Algoma Family Service	31 Manitoba Rd., Elliot Lake, ON., P5A 2A7	(705) 848-0790 Crisis: (705) 759-3398
Algoma Public Health	302 - 31 Nova Scotia Walk (ELNOS Building)	(705) 848-2314
Alcoholics Anonymous		(705) 461-3150
ADSAB Housing	2 Elizabeth Walk, Elliot Lake, ON. P5A 1Z3	(705) 848-7153 ext: 311
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	
Club 90	6-10 Paris Dr., Elliot Lake, ON., P5A 2L9	(705) 848-2879
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
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
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
March of dimes		(705) 848-4840
North Channel Literacy Council	10 Paris Dr., Unit 1, Elliot Lake, ON., P5A2L9	(705) 578-3200
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
Ontario Works	2 Elizabeth Walk., Elliot Lake, ON P5A 1Z3	(705) 848-7153
Supportive Independent Living (SIL)	31 Nova Scotia Walk, 3rd Fl, Elliot Lake, ON., P5A 1Z9	(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





Carol Hughes

MP/Députée
Algoma-Manitoulin-Kapuskasing

My office can help you with:

- Immigration & Citizenship
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- Service Canada & HRSDC

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

NDP  **NPD**



We are here to help!

Michael Mantha

MPP/député Algoma-Manitoulin

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Let's celebrate women with CCEA and Maplegate House for Women

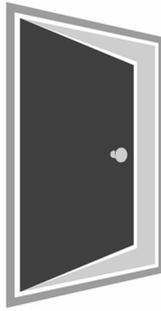
Please join us March 8 for International Women's Day 2019 – Balance for Better at Mt. Dufour Ski Chalet. This year we are recognizing the accomplishments women are making in all walks of life, and acknowledging the divide we are still experiencing within our culture. Whether it be the gender pay gap (women make approximately 73.5c for every dollar a man makes) or the fact that 1 in 5 women experience harassment in the workplace.

This year we are fortunate enough to have esteemed guest speakers, a special announcement from the Elliot Lake Family Health Team as well as special guests Rachael and Victoria from Saucy and Bossy, a free podcast dedicated to celebrating the triumphs and struggles of thriving femme and non-binary folks in the cities they call home. There will be a POUTINE BAR! as well as activities open and available to the public, so come down! Doors at 5PM, guest speakers at 5:30PM. RSVP to Malin at mjohnson@ccea.life or <https://iwdelliotlake2019.app.rsvpify.com/>.

Can't make the event? That's okay!! You can still get involved- Every time you post with the pose on Instagram or facebook, using the hashtag #BalanceForBetterEL , you are entered to win some awesome prizes! So stand up to the statistics, and vow to make a difference in our lives, and the lives of those around us. Elliot Lake, you can create Balance for Better!



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 Hospi-
tal'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

Must be the luck of the Club

March is finally here which means longer days of sunshine and perhaps if we are lucky, the start of the snow melting!



And while it may be a long wait before we see any green grass on the other side, Club 90 has a month filled to keep you busy and having fun!

This month we have Cindy here every Tuesday afternoon to teach chair yoga! A great way to get the heart pumping and muscles moving while having fun with friends!

We also have our monthly consumer/survivor breakfast which will have a St. Patrick's themed breakfast. Come out and participate in discussions on social matters such as gender equality and water concerns. Of course, we can't forget the fan favourite, BINGO! Which will be taken place every Wednesday afternoon. For the writers in you, we have creative writing exercises and our monthly Stepping Stones newsletter meeting. Check out the "What's Happening" calendar for more information.

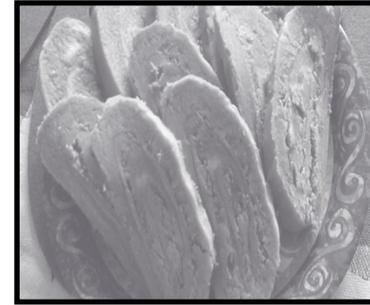
This month is also Nutrition month? Or that Club 90 offers nutritious suppers every day for \$2 and a free lunch every Tuesday and Thursday? That's right! So give us a call to put your name on the list, because eating healthy can help prevent illnesses down the line.

Club 90 participates in #BellLetsTalk



The North Shore Community Support Services/Club 90 participated in the #BellLetsTalk social media movement. Throughout the day, members, volunteers and staff were photographed holding signs with words of support and encouragement. NSCSS/Club 90 also partnered up with the Counselling Centre of East Algoma to share posts online. On this day, also launched our Twitter account this day to help raise funds for mental health initiatives. Our photos were retweeted 202 times and raised the equivalent of \$10.50. You can find us on Twitter @shore_support.

From our kitchen



Irish Peanut Butter Potato Candy

Ingredients:

- 1 potato, peeled and chopped
- 1 (32 ounce) package confectioners' sugar
- 1/4 cup creamy peanut butter, or as needed

Method:

1. Place potato into a saucepan with enough water to cover and bring to a boil. Reduce heat to medium-low and cook potato until very tender, about 15 minutes. Drain and allow to steam dry for a minute or two.
2. Transfer potato to a large bowl and mash with a fork until smooth.
3. Gradually stir confectioners' sugar into mashed potato a little at a time until the mixture forms a stiff dough. The dough will be runny until all the powdered sugar is used.
4. Place a large square of waxed paper onto a work surface. Roll or press dough into a 12-inch square rectangle on the waxed paper.
5. Spread peanut butter over top of dough, covering it entirely.
6. Pick up one edge of waxed paper and start rolling the dough to make a 12-inch-long log. Wrap log tightly with waxed paper.
7. Refrigerate for 1 hour. Unwrap log and slice candy into cross-sectional pieces about 3/4-inch thick to serve. Mix the pasta and sauce together until creamy but not runny.
8. Put in a baking dish and sprinkle with the breadcrumb mixture. Bake or broil until brown.



THE POTENTIAL TO PREVENT

Understand how food can help prevent chronic diseases like type 2 diabetes and heart disease.

Lifestyle factors, including what we eat, can influence our health. A nutritious diet can help prevent illness and can lower the risk of developing chronic diseases. Dietitians can help you follow a healthy eating pattern that suits your individual needs and health goals. Just ask!

BUILD A BALANCED DIET

There are many diets or "eating patterns," and some are healthier than others. The best eating pattern is one that you enjoy and can stick with. The eating patterns that have been the most researched for their health benefits include the Mediterranean, DASH and MIND diets. The foods that are recommended on these patterns can help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer.

Here are some foods that are common to all of them:

- Vegetables and fruit
- Whole grains
- Legumes like beans and lentils
- Nuts and seeds
- Milk, cheese and yogurt
- Fish, seafood and poultry
- Healthy oils like canola and olive oil.

Find all 10 feature recipes at www.NutritionMonth2019.ca



DIETITIAN PRO TIP

Andy De Santis
RD MPH
Toronto, ON

A third of cancers can be linked to poor diet, obesity and lack of exercise. Eating vegetables, fruits and whole grains can help protect you against some types of cancers. As a dietitian, I work with clients to help them plan healthy diets that meet their individual needs and prevent disease.

TRY THIS!



Chickpea Tikka Masala



Greek Salad



Bruschetta Fish

5 for 1 program

The 5 for 1 program was a new incentive Club 90 started in February to get members to become proactive at the club. Every time a club member performs a maintenance duty (dusting, taking out the garbage, mopping/ sweeping, vacuuming) they receive a stamp on their maintenance card.



When five duties are performed the member receives a free meal at the café unit. Club 90 has amazing members who take pride in their clubhouse and this is our way of saying thank you for all your help.

Who won the tickets?

You never know if your name will be pulled, but four people had luck on their side when their names were pulled for the Leafs Legends vs Elliot Lake Vikings Alumni game held on Feb. 16. Winners were Maggie, Helen, Jean-Baptiste and Deb! We hope you all had fun! A big thank you to Heather for donating the tickets.



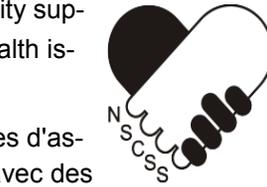
Who we are:

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 celebrates friendships



Nikki and Zach getting dinner ready.



Maggie decorating cupcakes for the party.

Friends came together to celebrate friendship during Club 90s Friendship day, held on Feb. 14. The club was decorated with balloons and activities were held during the day to keep the spirits lifted. Members rolled up their sleeves to decorate cupcakes to go with the dessert that Heather brought for the club. Both sweet treats were paired well with the homemade manicotti supper that

Come stretch it out with us

Tuesday's are all about health and wellness at the Clubhouse! We are very fortunate to have Cindy come in every week at 2 p.m. to guide us through gentle yoga movements. The class is designed to be done at the pace of the participant and enjoyed as to prevent any injuries. Everyone is welcome to participate whether your new to the activity, or practice regularly. Come down and enjoy the benefits of exercise.



Benefits of yoga

- **Reduces Anger:** According to a study, yoga was shown to increase one's ability to control anger, compared to a group that participated only in physical education. Practicing yoga has also been shown to decrease verbal aggression in adults.
- **Reduces Anxiety:** Numerous studies have found that yoga may decrease anxiety symptoms, including performance anxiety.
- **Improves sleep:** Postmenopausal women with a diagnosis of insomnia, yoga reduced insomnia severity compared to a control group. Another study of women with restless leg syndrome showed yoga improved multiple domains of reported sleep quality.
- **Decreases Post Traumatic Stress (PTSD):** In one study focusing on adult women diagnosed with PTSD, yoga significantly reduced PTSD symptoms in women who received a 10-week yoga treatment compared to the control group. At the end of the study, 52% of the women who practiced yoga no longer met criteria for PTSD, compared to 21% in the control group.
- **Improves mood:** Studies have shown yoga can help reduce depression, improve affect, and decrease perceived stress. For example, in a study with a prison-based population, a 10-week yoga class increased positive affect and reduced reported psychological stress.

let's do lunch

FREE MEMBERS LUNCH AT CLUB 90

Free lunches are on Tuesdays and Thursdays

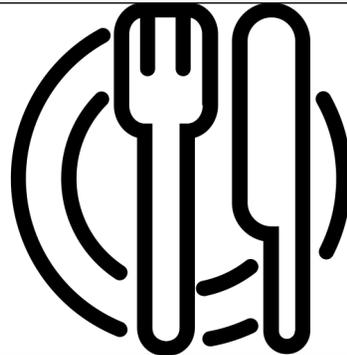
PLEASE EITHER COME IN OR SIGN UP BY 11:00 a.m. FOR EACH LUNCH TO ENSURE THERE IS ENOUGH. THANK YOU

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 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

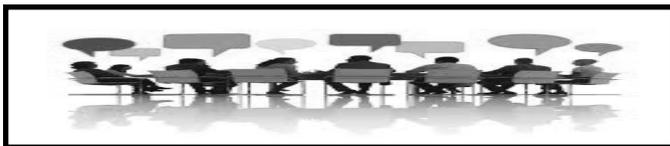
This Month's topic is: International Women's Day

Malin Johnson, Public Educator with the Counselling Centre of East Algoma will be at the Club to give a presentation on International Women's Day. Call the Club to have your name put down for the breakfast.

Date: March 15, 2019

Time: 10 a.m.

Location: Club 90



Members learn ways to cope with presentation

Public educator with the Counselling Centre of East Algoma, Malin Johnson, gave a presentation on coping mechanisms at Club 90 on Feb. 8.

During his presentation; he shared how women and men handle breakups differently, how people react differently to situations and even gave tips on how to do deep breathing exercise (using the 4-7-8 breathing) to calm the nerves.

Spectators were also given a sheet to help them track their moods throughout the day and shown a video on how to do chair yoga. FYI: Check the What's Happening calendar for these activities.

What's in a name? History of St. Patrick's Day

Saint Patrick's Day, or the **Feast of Saint Patrick** is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. AD 385–461), the foremost patron saint of Ireland.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion, the Eastern Orthodox Church, and the Lutheran Church.

The day commemorates Saint Patrick and the arrival of Christianity in Ireland and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, cèilidhs, and the wearing of green attire or shamrocks.

Christians who belong to liturgical denominations also attend church services and historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.



Saint Patrick depicted in a stained glass window at Saint Benin's Church, Ireland.

Good Food Box

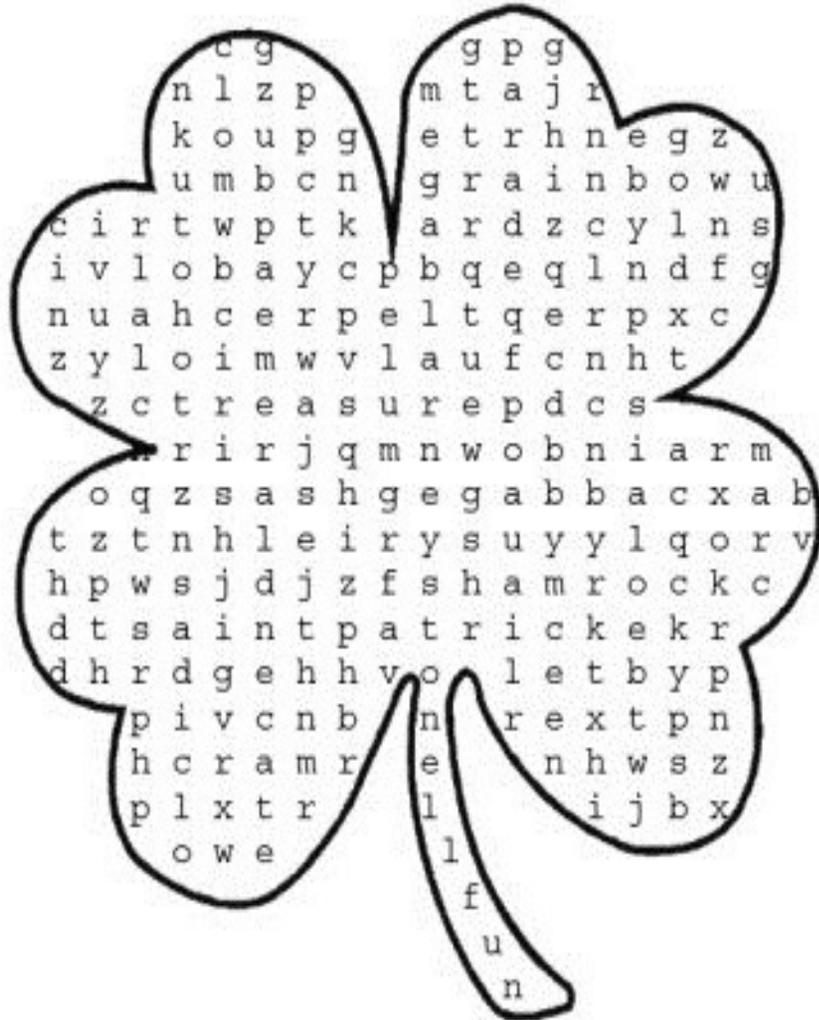
Get the nutrients you need while eating healthy with the Good Food Box. Order your box by March 13 to receive an assortment of fruits and vegetables. The box comes in two sizes. Small for \$10 and large for \$19.

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).



St. Patrick's Day Word Search Puzzle

Find and circle the words from the word box. Words may be forward, backward, diagonal, horizontal, or vertical.



cabbage	leprechaun	rainbow	gold	luck
treasure	emerald	shamrock	March	green
Irish jig	Saint Patrick	parade	blarney stone	

Know the facts: Opioids

In December, the Algoma Public Health Unit released data showing the state of the opioid crisis and the increasing numbers related to overdoses and death in our region. For 2017. At that time it was reported that 14.8% of those living in the Algoma District reported using an opioid related drug (up 1.8% from the previous year) within 12 months. However, 50.2% of Algoma residents reported using an illicit drug compared to 40.6% of all of Ontario.



What are opioids?

- * Codeine
- * Fentanyl
- * Morphine
- * Oxycodone
- * Hydromorphone
- * Medical Heroin

Overdose signs:

- Difficulty walking/talking/staying awake
- blue lips or nails
- dilated pupils
- cold and clammy skin
- dizziness and confusion
- extreme drowsiness
- Choking/gurgling/snoring sounds
- slow, weak or no breathing
- inability to wake up, even when shaken or shouted at

Short term effects of opioids:

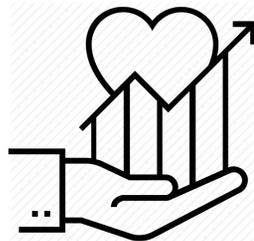
- Drowsiness
- Constipation
- Impotence in men
- Nausea and vomiting
- Euphoria (feeling high)
- Difficulty breathing, which can lead to or worsen sleep apnea
- Headaches, dizziness and confusion, which can lead to falls and fractures

Long-term effects of opioids:

- Increased tolerance
- Substance use disorder or dependence
- Liver damage
- Infertility in women
- Worsening pain (known as "opioid-induced hyperalgesia")
- Life-threatening withdrawal symptoms in babies born to mothers taking opioids
- Physical dependence
- Substance use disorder
- Overdose

When Do You Know You Are Emotionally Mature?

- You realise that most of the bad behaviour of other people really comes down to fear and anxiety – rather than, as it is generally easier to presume, nastiness or idiocy. You loosen your hold on self-righteousness and stop thinking of the world as populated by either monsters or fools.
- You learn that what is in your head can't automatically be understood by other people. You realise that, unfortunately, you will have to articulate your intentions and feelings with the use of words – and can't fairly blame others for not getting what you mean until you've spoken calmly and clearly.
- You learn that you do sometimes get things wrong. With huge courage, you take your first faltering steps towards apologising.
- You learn to be confident not by realising that you're great, but by learning that everyone else is just as scared and lost as you are. We're all making it up as we go along, and that's fine.
- You realise that when people close to you nag you, they usually aren't just trying to wind you up, they may be trying to get your attention in the only way they know how.
- You give up sulking. If someone hurts you, you don't store up the hatred and the hurt for days.
- You realise that because life is so very short, it's extremely important that you try to say what you really mean, focus on what you really want, and tell those you care about that they matter immensely to you.
- You cease to believe in perfection in pretty much every area. There aren't any perfect people, perfect jobs or perfect lives.
- You learn the virtues of being a little more pessimistic about how things will turn out – and as a result, emerge as a calmer, more patient and more forgiving soul.
- You learn to forgive yourself for your errors and foolishness. You become more of a friend to yourself.
- You learn that part of what maturity involves is making peace with the stubbornly child-like bits of you that will always remain.
- What people in general think of you ceases to be such a concern.



A party for two!



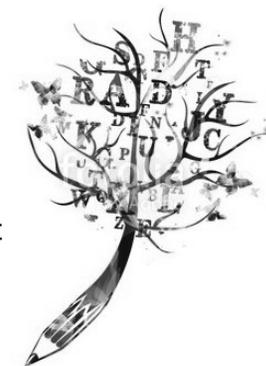
The winter storm on February 15th didn't stop us from celebrating! This month Club 90 celebrated the birthdays of everyone born in January and February. For our friends who were unable to attend whose birthday was these past months, we wish you the happiest of birthdays! Our next birthday party will be held on March 22 for our friends born this month! Come out and grab a slice of cake!

HAPPY BIRTHDAY

Creative Corner

Persevering through tough weather

I am very disappointed about the weather, rain and ice is not my thing but I'm not letting this bring me down. I kept my half hour walk daily, no excuse. I just put grips under my walking boots. I love nature, it's beautiful to see the icicles in the trees. – Francine



Write about your favorite song:

I put a spell on you by Nina Simone

Who was inducted into the hall of fame in 2018. She died April 21, 2003. Born Feb 21, 1933. She was a prominent civil rights singer. She sang blues, jazz, pop and folk. She sang more folk and blues. Why I like it? I just do. It's raw, real and it hits home.—Janice.

Mi Vida Loca by Pam Tillis

This song is my favourite because it reminds me of having fun, taking chances. It has a fast beat, an upbeat sound. The words tell me relax and let life happen. No matter where the road of life leads us. We should do our best to enjoy the ride and take people who think the same—Cathy