

Community Resources at Your Fingertips!

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
Psychiatric Case Manager (CMHA)	(705) 849 4115
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
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)	(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

24/7 Crisis Support 1-800-721-0077

WARM LINE..... 1-866-856-9276

STEPPING STONES

March 2023



Edition 378

Club 90 Members
St Patrick's Day Celebration
March 17 2023@2:30pm
Irish Stew on Mash potatoes
Home made bread
Pot of Gold Dessert
Call to Rsvp 705-848-2879
Or sign up at Club 90

BAGPIPES BY KEN MEEKING



24/7 Crisis Support Service

is available to individuals of all age groups by calling **705-759-3398** (Toll-Free 1-800-721-0077).

Therapeutic intervention and service referrals will be provided as necessary.



Toll-Free 1-800-721-0077

Mobile Crisis Response

Teams of two Crisis Workers who provide support in low-risk situations to individuals in need and who are willing to meet and speak with the team in mutually agreed-upon community locations (ex. a home or a coffee shop). The team will arrive in an unmarked vehicle and in plain clothes.

NOTE: The Mobile Crisis Response Team is unable to apprehend or bring individuals to the Hospital.

If interested, individuals are encouraged to call Crisis Services at **705-759-3398** or **1-800-721-0077** to request this service. As this service is based on the individual's needs, a Crisis Worker will determine if this service is available and appropriate.

Teams are available daily in; Sault Ste. Marie, Wawa, and Elliot Lake from 10:00 AM – 10:00 PM.



SAULT AREA
HOSPITAL
HÔPITAL DE
SAULT-SAINTE-MARIE

750 Great Northern Road
Sault Ste. Marie, ON P6B 0A8



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**

Bounce Back

Reclaim Your Health

Bounce Back is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress, or worry.

March 8th 2023 at 11am, Club 90 will be hosting a one hour Webinar about reclaiming your mental health and the tools to do so. Registration is needed for this so please call in or come in to put your name on the list. All those who attend will be given a free lunch.

Please Call 705-848-2879

COME JOIN US!

Time to put on your green
and celebrate

St. Patrick's Day!

Friday, March 17th

At Club 90 @ 2:30pm

Entertainment By Ken Meeking playing
the Bagpipes!

Menu

Irish Stew on Mashed Potatoes

Homemade Bread and

Pot of Gold Dessert!

RSVP

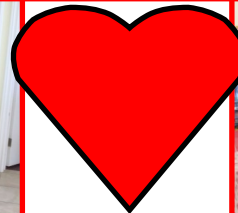
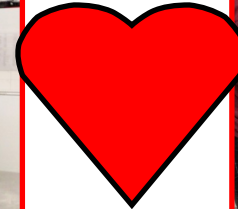
By Calling 705-848-2879

or

Sign up at Club



Valentine/Friendship Brunch



We had a great turn out for our Valentine's/Friendship Brunch. The live music was loved by all and everyone from Club 90 would like to extend a huge THANK YOU to Thor for his voice and entertainment. The food was delicious, and a huge thanks to Alice and Heather for helping in the kitchen.



iChef

VICTOR'S SHANGHAI ROLLS

You'll Need

- Stove top
- Cutting Board
- Sharp Knife
- Bowl
- Small Frying Pan
- Spatula
- Water
- Salt & Pepper

Ingredients Included

- 1/2 lb Pork
- 4 Spring Roll Wraps
- 1/2 Onion
- 1 green Onion
- 1/2 Red Pepper
- 1/2 Carrot
- 1 Egg
- 1/2 cup Soy Sauce
- 1/2 cup Sugar
- 1 tsp Flour
- 1/2 cup Canola Oil
- 1/2 cup Sauce

Along with easy to follow step by step recipe card



iChef

Wash, peel & finely chop onions, garlic, carrots, peppers.

Mix chopped veggies, sugar and soy sauce, egg & pork together in bowl.

Carefully peel wraps apart.

Lay wrap out flat adding a tablespoon full of the mix next to wrap. Planning it along one side of wrap.

Use fork to mix filler & water together to take paste, in separate bowl. Use paste to glue the end of wrap together.

Once meat mix is flattened out, fold corners of wrap in & roll wrap, carefully but tightly.

Heat oil in frying pan over medium heat.

Carefully place roll in hot oil for 5 minutes, then turn roll over for another 5 minutes.

SERVE & ENJOY!!

Contact Tammy supportmh@nscss.com Or (705) 848-2879

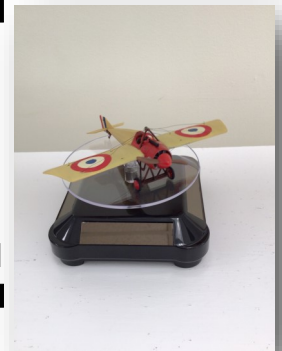
iChef includes ALL ingredients that are needed for YOU to become your own personal Chef in the comfort of your own home.

Along with easy to follow step by step recipe card

Let's talk and plan so you can create your very own iChef meal recipe card for other iChef'er of Club 90 to enjoy!

Model's Built By J.R.B

This Mornae-Saulnier Type N, entered the service with the French Air Force in April 1915. Nick named "The Bullet" for its high speed and shape of its fuselage. It was also used in service by 4 squadrons of the Royal Flying Corps, a predecessor of the Royal Air force in the UK and in very limited service by the Russians in their 19th squadron. While it was fast it was terribly difficult to fly due to the design choice of using wing warping instead of modern ailerons, which are still used on aircrafts today. 49 were built but the aircraft type was quickly made obsolete by the speed of development in flying during WW1.



This MK 1 Male Tank, was the first in production tank, originally called a "Landship" and developed by the Royal Navy, was quickly earned the name "Tank". The name of this tank came from the fact that in order to maintain secrecy, those building them were told they were building water TANKS. There were two versions of the MK1, the Male with large 6 pound naval cannons, and the Female with 4 machine guns. The use of them was so successful that they have been used in almost all modern militaries since WW1. This particular model is of H.M.L.S Dragonfly, a MK1 Male tank in his 1916 colours.

Happy Birthday
To You

Birthday Wishes to:
Robert, Bonita, Kal, Alicia, Ivan, Melanie, Elizabeth, Carey, Terry, Frank

NON EMERGENCY CARE OR MINOR ILLNESSES AND DON'T HAVE A DOCTOR




ELLIOT LAKE FAMILY HEALTH TEAM

NEW SERVICE
Begins October 2022


Same-Day Nurse Practitioner Clinic

- Tuesday, Wednesday, Thursday 9am-4pm
- Non-emergency care for minor illnesses
- Call (705) 461 8882 ext. 2 for appointment
- Walk-in appointments not available
- Dedicated phone line answered until all appointments filled for day

IF YOU ARE IN NEED OR KNOW ANYONE THAT NEEDS COUNSELLING PLEASE CALL THE NUMBER BELOW.



Virtual Walk-In Counselling







When?
Sessions take place on **Tuesday** by Video or Telephone

How?
To make an appointment call CMHA's Access Line at (705) 759-5989 or 1-855-366-1466 on Mondays* from 9:00 am – 4:00 pm
*if Monday is a statutory holiday please call for information on booking an appointment

What can I expect?
You will be provided with information about the service and meet with a counsellor for a single confidential session. Each session can last 1-1 1/2 hours and will address your concern.

- Please note this is not a crisis or emergency service. If you require immediate assistance, please contact the Crisis Helpline at (705) 759-3398 or 1-800-721-0077 or 911 Emergency Services

Serving Sault Ste. Marie and the Algoma District



Funding Provided By



In collaboration with





For More Information
Please Email : info.harvestkitchen@gmail.com

Please join us for a Free or 'Pay what you can' healthy meal!

Dine In and Takeout Available

Monday • Wednesday • Friday

11am to 1pm

Meals Served at the Elliot Lake Legion

UPCOMING EVENTS

- * Stepping Stone Committee meetings every Wednesday at 2pm with Melanie
- * St. Patrick's Day card making with Leslie & Charlotte March 2nd 2023 at 1pm @ Easter Card Making on March 30th at 1pm
- * Meal Planning every Monday at 1 pm with Tammy
- * Bingo Tuesday March 7th 2023 at 1pm
- * Jam Sessions at Club 90 every Thursday all day
- * Friday March 17th 2023, St. Patrick's Dinner & entertainment
- * Technology Safety Q&A with Mona & Diane from the Literacy Council on Monday March 20 2023 at 1pm
- * March 24th 2023 at 2pm Chair Yoga with Patrick

Pim's Drone Photos



Club 90 member, Pim, was kind enough to submit his beautiful photo's he took with his drone. This is a great way to get an idea of what birds see when they fly over the Elliot Lake area. Thank you Pim for giving us the "Birds Eye View" of our wonderful city.

Free meals in Elliot Lake Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest Kitchen 11am- 1pm	Hope Café 11:30am – 12:30pm	Harvest Kitchen 11am- 1pm	Hope Café 11:30am – 12:30pm	Harvest Kitchen 11am- 1pm
Foodbank 11am – 3pm	Club 90 For Members 12-1:00	Foodbank 11am – 3pm	Club 90 For Members 12-1:00	Foodbank 11am – 3pm

Harvest Kitchen is located at 10 Albert Rd

Hope Café is located at 6 Charles Walk

Foodbank is located at 29 Columbia Walk

Beehive is located at 118 Ontario Ave

(705) 848- 2712

(705) 848-5316

(705) 461-3663

(705) 461-3912


 City of / Ville d'
Elliot Lake
 is proud to support
 Stepping Stones and
 the members of
 Club 90

www.Elliotlake.ca

705-848-2287

 Find us on
 Facebook

fb.com/cityelliotlake

Pharmacists Now

As of January 11, 2023, Ontario has made it more convenient for people to connect to care closer to home by allowing pharmacists to treat and prescribe medications for thirteen of the most common medical ailments, including rashes, pink eye, insect bites and urinary tract infections. This new service is in addition to pharmacists being able to renew prescriptions for most medications, such as blood pressure, diabetes and asthma medication. Call your Pharmacy or go to the link listed below for further information and to keep an eye on additional ailments being added as time goes.

<https://news.ontario.ca/en/release/1002633/pharmacists-now-treating-thirteen-common-ailments-and-renewing-prescriptions-for-most-medications>



New Business? Looking to Expand Operations? Need support for a Community Event? Let ELNOS partner with you!

Who we are?

ELNOS is a not-for-profit organization created as a result of the mine closures in the early 90s to stimulate economic growth through new business development, business expansion or diversification, and investment in the region.

ELNOS serves business in our 5 communities:
Blind River, Elliot Lake, Serpent River First Nations, Spanish and Township of the North Shore.

How Can We Help You?

ELNOS can provide business counselling and finance options to help you develop and grow your business. We understand the common problems experienced by growing businesses, but also the unique challenges faced in the region.

ELNOS can provide various loan and investment options for your business. We can also provide financial and administrative support for various community events.

For more information, visit our website at

www.elnos.com

31 Nova Scotia Walk, Suite 306
Elliot Lake, ON P5A 1Y9
705-848-0229/1-800-256-7299

Proud supporter of the Club 90 program

H&R BLOCK®

"With almost 1,000 locations across the country, you don't have to travel far to find expert tax service. Our offices have been redesigned for safe filing with plexiglass dividers, hand sanitizer, social distancing, and mask requirements of staff and clients."



Located at:

52 Ontario Ave. Elliot Lake, ON P5A 1Y1
705-848-2626

Flag Day At Club 90



Members got involved with National Flag Day by making a flag that represents themselves.



Elliot Lake Red Wings Hockey 2022-2023 Season with Club 90!

We are excited to let you know that the owner of the Elliot Lake Red Wings, Paul Noad, has generously donated 4 season passes to Club 90 Members to use.



THANK YOU SO MUCH!!!!!!

Members, please call in when you want it to be **YOUR NIGHT AT THE RINK** at one or more of the upcoming games for the 2022-2023 season of the Elliot Lake Red Wings.

Please call Kelly @ 705-848-2879 or drop in to book your pass for a fun night!

**We are
here to help**
**Nous sommes
là pour vous aider**



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

What is Depression?

What is Depression?

Depression may be caused by one factor alone or a combination of factors including biological, psychological and environmental .

Examples:

◇ **Feeling sad, empty, hopeless, or numb**

◇ **Low energy and feeling tired all the time**

Contact Melanie at 705-848-2879 for support and resources

This disclaimer informs readers that the views, thoughts, and opinions expressed in Stepping Stones belong solely to the author, and not necessarily reflect Club 90's and/or North Shore Community Support Services, Inc . opinion.

Stepping Stones, 10 Paris Drive, Unit 6, Elliot Lake, ON, P5A 2L9 Tel:705-848-2879

ELLIOT LAKE EMERGENCY FOOD BANK

NEW Location: 29 Columbia Walk

OPEN

MONDAY-WEDNESDAY-FRIDAY

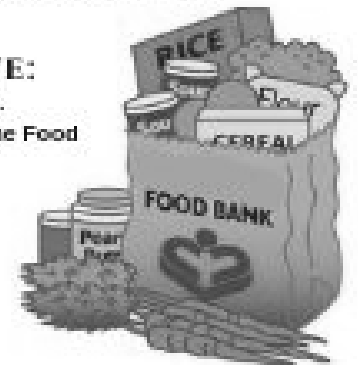
10 A.M. TO 12 P.M. & 1 P.M. TO 3 P.M

WAYS TO DONATE:

- Use Drop boxes at various Stores.
- Drop off your food or monies at the Food Bank.

705-461-3663

PHONE





Calling to all members of Club 90.

Ever wonder how the food bank works? Where the food bank gets their donations, or how they pack bags for those in need? Leonard Kutchaw at the food bank is inviting Club 90 members to learn and volunteer their time. Learn the ins and outs of the food bank, how it works and help pack bags for pick up. Transportation will be provided if needed.

If interested please talk to Melanie or Tammy @ 705-848-2879 or meet with them in person @ Club 90— **LEND YOUR HAND!**



Because Easter Dinner is at the Beginning of April this year, we would like to give all our members a heads up on Club 90's celebration: Easter Dinner on **Tuesday April 4th at 2:30 pm**. For all those interested please call 705-848-2879 or sign up at Club 90. We will have 2 players of our Elliot Lake Red Wings volunteer their time to help serve the meals and mingle with our members! We are working on more entertainment. So please stay tuned on our website or at Club 90 for more details and the Easter Dinner Menu.

HOPPING TO SEE YOU ALL THERE!!!!

NEW

SUPPER
has a

Time Change

STARTING...

March 1st, 2023

3:30

Contact the Club before **12pm**
to sign up for **3:30pm** Supper
Monday to Friday

Team Meeting

Club 90
Meal planning Team

Will meet at Club 90
@ 1PM on Monday
March 6th and 20th to
plan the April Meal
Calendar.

Can't wait to see you
there!

Experience working in a restaurant with Meal planning, grocery shopping, meal prepping, Cooking, and Dishes with Club 90 Chef of the Day



Let's make
YOU a Club
90 Chef of
the Day!

Craving for a certain meal...

Let's talk!!

Contact Tammy

supportmh@nscss.com

Or

(705) 848-2879

Have you
shared your
meal idea's
with Tammy
yet??

Thank you to our Club 90 Chef's

Chester, Victor, Denise, Laurent,
Sherry, Ryley, Alice & Heather

Happy St. Patrick's Day!

I SPY St. Patrick's Day



	9		7		6		10		5		8		4
	6		9		8		6		7		10		5

mrsmerry.com

mrsmerry.com