

Community Resource Numbers

Crisis: Daytime 705 848 2585.....Afterhours 1 800 721 0077

Elliot Lake Bylaw.....705 461 7230

| | |
|------------------------------------------|----------------|
| Algoma Family Services..... | (705) 848 0709 |
| Algoma Public Health..... | (705) 848 2314 |
| Alcoholics Anonymous (AA) | (705) 461 3150 |
| Al Anon Family Group..... | 1-888-425-2666 |
| 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 |

Stepping Stones



The official Club 90 newsletter

MAY 2020

Vol. 347

Connection
Kindness
Coping
Friendship
Strength
Wellness
Empathy
Skills
Understanding
Mindfulness
Empowerment



<https://www.facebook.com/groups/nscss/>

**We are
here to help**

**Nous sommes
là pour vous aider**

Available by phone



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

**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



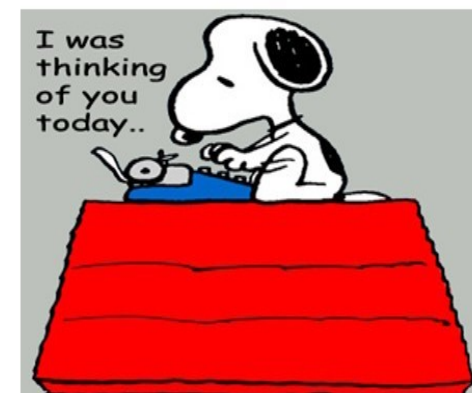
705-848-8080
1-855-297-4200
carol.hughes@parl.gc.ca

NDP  **NPD**

Do you miss your family and friends?

Try some of these ways to connect with them when you are in a quarantine...

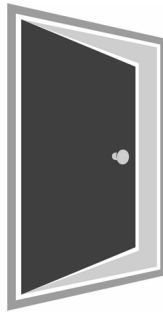
- Write a letter
- Send a picture
- Send a card
- Phone call
- Video Chat
- Facebook
- Facebook messenger
- Skype
- Meet them for a walk (but keep your distance)
- Facetime
- Text messages
- Computer gaming
- Use other chat internet apps



Happy Birthday

Diane, Glen, Lynn, Sherry, Charles, James, Francine, Albert, Nicole, Diane,
Janice, Nancy

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:

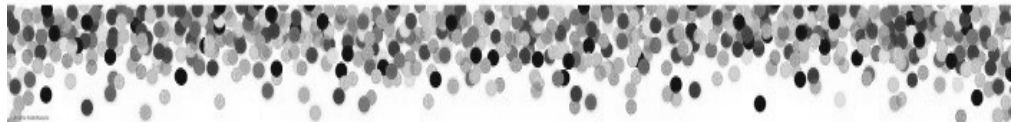
1 Industrial Park Rd., Suite 2
Blind River, ON P0R 1B0

(705) 848-2585

AFTER HOURS CRISIS NUMBER:

1-800-721-0077

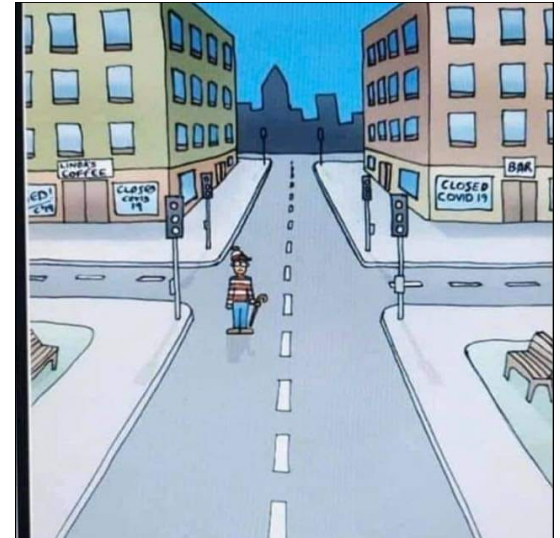
Temporarily closed



Clubhouse doors remain closed. We are still available to support you!

Since mid-March, the Club 90 clubhouse has had to close their doors in our attempt to keep you, the members, safe. But that does not mean we have not been keeping busy over here!

Over the past month, staff has reached out to our members in a variety of methods. We have continued to provide support to everyone through phone calls, emails, snail-mail and online interactions. We have used our social media platforms to bring you ways to stay occupied through this difficult time by linking you to live music, virtual tours of museums, and so much more.



In fact, since we have had to alter how we provide support, our numbers have increased. Within a one month period we made 528 phone calls, linked you up 221 with resources via our Facebook group, sent 48 emails and did two rounds of mailings to your homes including envelopes + stamps to write back to us..

We are committed to providing support to you and are working everyday to tweak how we can reach everyone's individual needs. We continue to encourage you to call us if you need someone to speak with!

We are available Monday to Friday 9 a.m. to 5 p.m.

Call 705 848 2879

Kerry: supportmh@nscss.com



Live stream on how to make fabric masks



Thank you Kelly and Laura !!

“Wearing a non-medical mask (for example a homemade cloth mask) in the community has not been proven to protect the person wearing it. Strict hygiene and public health measures, including frequent hand washing and physical (social) distancing, will reduce your chance of being exposed to the virus. Wearing a non-medical mask is an additional measure you can take to protect others around you.”—Algoma Public Health

Club 90 Membership Council and OPOC put on hold

****At this time, we are putting a hold on the Club 90 membership council as well as the Ontario Perception of Care surveys. We will hold a membership council information session in the future.**

Do you have a passion for teamwork, democracy and the drive to make your clubhouse a better place? Do you want to have a say when it comes to event planning, fundraising, activities and other matters of the club? If so the membership council may be for you! We are getting ready to reboot the Club 90 Membership Council and will be looking to have a chair, vice-chair, treasure and secretary elected to help make Club 90 a safe and engaging club for everyone!



5 Ways to Keep Loneliness From Turning Into Depression

1. Work on increasing your social support. Given that this was a one-time, correlational study, it's not possible to know whether a lack of contact with other people was the cause or the effect of the maladaptive thoughts involving low self-worth and outright revulsion. Finding ways to alleviate loneliness by developing better social skills could help individuals overcome self-disgust.

2. Use mindfulness to reduce the tendency to ruminate over your shortcomings. In mindfulness training, people don't try to push away their depressive thoughts, but instead learn to accept them for what they are and not fall prey to excessive rumination.

3. Have a little self-compassion. You might not like the way you look, or even feel good about the things you do, but instead of becoming overwhelmed with disgust, recognize that no one is perfect and that you're allowed to have some flaws.

4. Try self-affirming messages. Along with gaining greater acceptance of yourself and your real or imagined flaws, turn your thoughts toward the features of yourself that you like. Give yourself a mental pat on the back when you find that you're not becoming overly self-critical and judging yourself with unrealistic standards.

5. Practice emotional suppression and reappraisal. The emotion-focused coping strategies that don't change the situation, but do change the way you feel about it are ideally suited for learning to manage the feelings you have about the qualities you have that you can't change. From your body type to the shape of your nose, whether you're accident-prone or forgetful, you can learn to draw your attention from away from ruminating about these supposed flaws and think about something else. You might even decide that some of your worst "flaws" actually make you quite lovable.



Dear Members: We hope to see you soon!

Dear Friends,

We may not be able to see each other these days or listen to each other as often. However, thoughts of you fill our hearts here at Club 90 and we are looking forward to seeing you face to face soon again at the Club 90 Family home!

For the time being, don't be shy to call us or drop us a line via mail. Let us know how you manage, share things you are discovering and are keeping you busy while staying safe. We are still here to support you as best as we can. You are in our thoughts all the time.... STAY SAFE.... - **Anke**

I think that in these strange and unpredictable times right now, we could all benefit from focusing on the things that we do have control over in our lives - giving us a sense of empowerment back. The protocols for the COVID 19 may have put a huge damper on a lot of things - but here we are, in the thick of it! Thriving in this is going to be work, but not likely the hardest work you've tackled in your recovery, but it could be right up there. Remember your resilience in getting through days that were tough, moments when you thought you couldn't handle anymore and grabbed the steering wheel of life and took control. Well, you've got this! You are still resilient, you can reach out for support in the hard moments and you can take time to reflect on things you want for your life now and in the future, and have fewer distractions to come up with a plan that's all yours!

On my white board I have a quote "Be grateful for what is...not resentful for what isn't". Today that hit me...things are hard...like you, I miss important people in my life (including some of you readers!). I miss the freedom of giving a friend a hug, sitting around a fire, walking through stores slowly or quickly without worrying about upsetting someone behind or in front of me. What can I be grateful for? Today - it was the beautiful weather. How about you?

We are still here, services are still available by phone and on our Facebook page! Check out the posts, find something that might interest you or hey....be old fashioned and give us a call!



Dear Members: We hope to see you soon!

Hey everyone!

It's been over a month since I burnt anything in the kitchen! I bet you didn't think that would ever happen!

The past weeks have been quiet. Your presence is definitely missed here and we find ourselves reminiscing about fun times we had with all of you before this happened. I cannot wait until we can open the doors to this place! Until next time; stay safe, be kind to yourself, be kind to other and hope to see you soon! - **Jess**

Hi everyone, hope this message reaches you in good health and mind. With this pandemic I find you start to see what really is important. While doing shopping or just getting gas I see how people react. I know some are scared, well really all of us but the one thing we should not stop is being kind to one another. You don't have to get close to someone just to say hi, take care, be safe or sending your love. So try once a day or even more if you want, to reach out and let someone know we are all human and we are in this together. Take care! - **Kelly**

It's very quiet at the club without all of you, hope everyone is social distancing so we can open up our doors again soon. I know it's hard on everyone not being able to see family and friends, grocery shopping is stressful, and being at home can be boring. Just remember the more we follow the guidelines now, the sooner we can all get together and enjoy our summer! - **Laura**

Hi everyone,

I've spoken with some of you the last few weeks, and enjoy our chats.

Looking forward to meeting each of you when we can get together.

And eat popcorn together.....and do puzzles.....

In the meantime remember you're not alone, and we're thinking of you.

Call us if you need to chat. —**Carol**



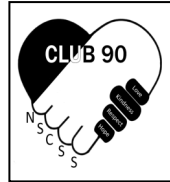
Who we are:

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.

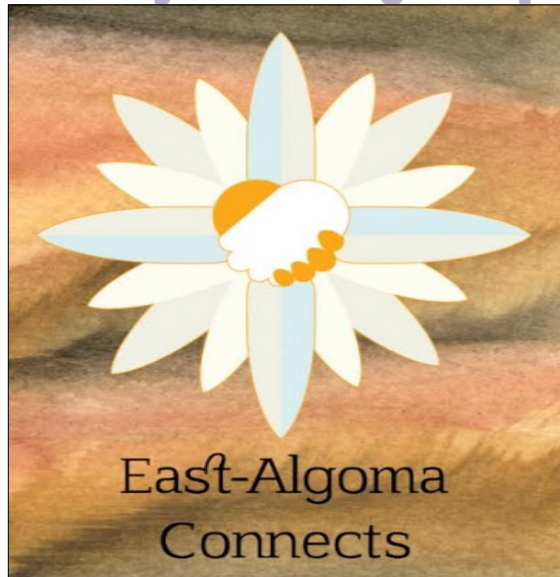


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



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 or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



NSCSS welcomes Carol



In April, we welcomed Carol into the North Shore Community Support Services Inc. family as our new nurse for the Senior's Mental Health program.

Some of you may have already had a chance to speak with her over the phone during the past few weeks. She is excited to put faces to the voices and meet the rest of our wonderful members!

What do I do if I see a blatant violation of the social distancing orders or bylaw?

Call the OPP non-emergency line: 1-888-310-1122

Call City of Elliot Lake bylaw enforcement at: 705-848-2287 ext 2122. (voicemails will be checked regularly after hours and bylaw staff will respond where needed)



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



DIY Crafts



What to do:

1. Tape your canvas/paper off as shown in diagram.
2. Once your tape is in place, use your water colors to paint.
3. When you are finished painting, it's time to let the paper dry.
4. Once the paint is dry, you can remove the tape from your paper.
5. You can also outline the edges to make your paint colours pop and clean up any part that may not be straight.

What you will need:

- Paper or canvas
- Painters tape
- Watercolor paints
- Paint brush
- Tray (to contain the mess)

ELLIOT LAKE EMERGENCY FOOD BANK

Location: 4 Charles Walk (Lower Plaza)

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



Takeout available at



LOCATED IN THE HILLSIDE PLAZA

NEW HOURS CURRENTLY IN PLACE

**CHECK OUT OUR SOCIAL MEDIA PAGE FOR
UPDATES:**

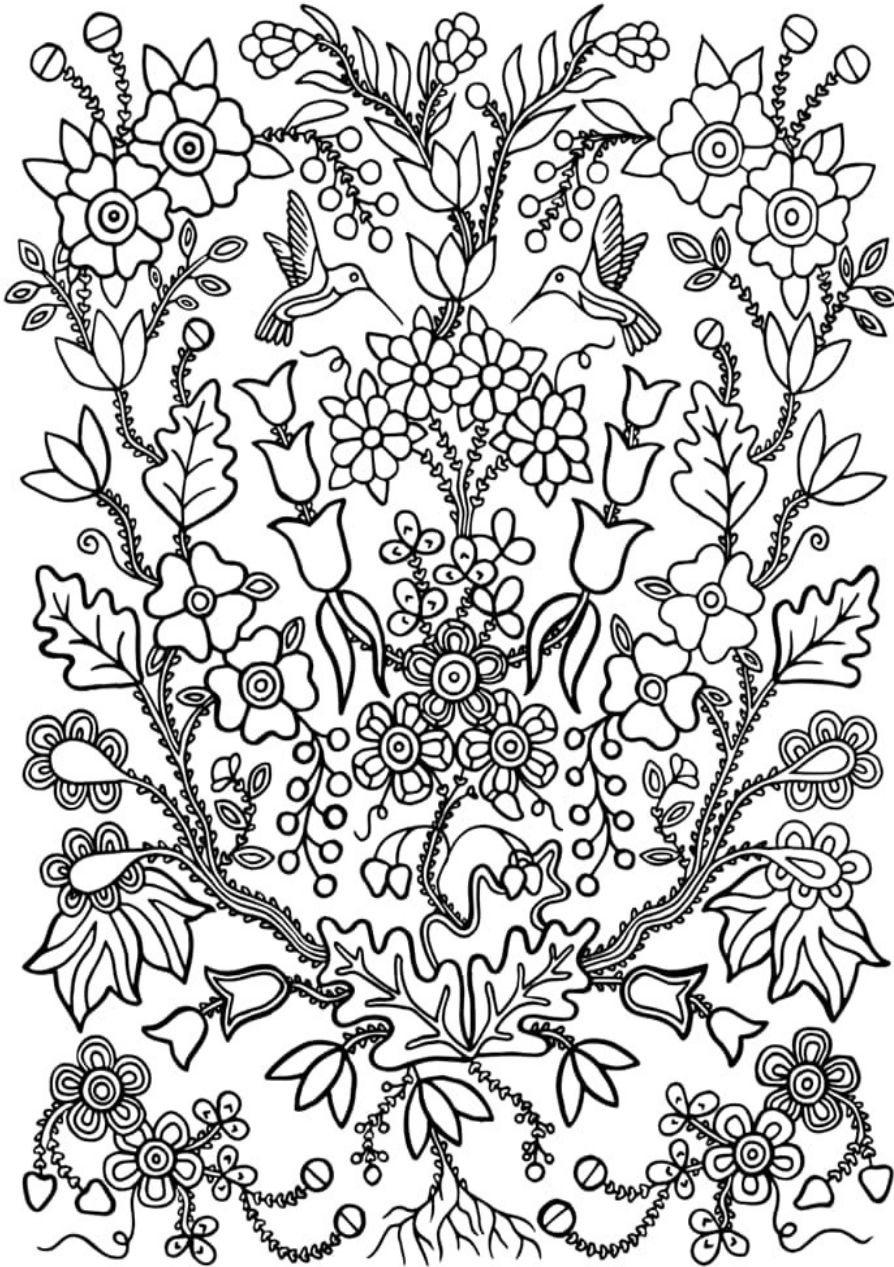
<https://www.facebook.com/AndersonFamilyRestaurant/>

Call (705) 578-5030



colour me

Indigenous artist, Christi Belcourt, had one of her artwork pieces turned into a colouring page. This is one of her paintings titled "JOY"



From our kitchen



KELLY'S HASHBROWN CASSEROLE

INGREDIENTS:

- 1 can Campbell's Condensed Cream of Mushroom soup
- 8 oz sour cream
- 1/2 cup butter, melted
- 1 package frozen hash brown potatoes
- 1 medium onion, chopped
- 2 cups shredded cheese
- 1/8 teaspoon black pepper

INSTRUCTIONS:

- Stir the soup, sour cream, butter, potatoes, onion and cheese in a 3-quart shallow baking dish. Season with black pepper. Sprinkle the potato mixture evenly.
- Bake at 350F for 45 minutes or until the mixture is hot and bubbling.

CCEA hosts virtual learning sessions

Throughout the pandemic, Malin Johnson, public educator with the Counselling Centre of East Algoma, held a variety of education sessions via the organization's Facebook page on topics such as "stress" and "new growth."

For more Information Call:
705-848-2585



Club 90: APP of the month



Flipp



Get the weekly flyers at your fingertips with the *Flipp* app. Grocery stores are beginning to remove weekly flyers from being delivered. This app allows you to continue to see what the upcoming deals are, as well as give you alerts to any coupons that may be available. You can also use a desktop version at <https://flipp.com/flyers>.



COPING WITH STRESS DURING THE COVID-19 OUTBREAK



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.



Be aware that not everything you hear about the virus may be true.

Stay updated and use information from trusted sources, like your health authority, World Health Organization (WHO) or your local Red Cross or Red Crescent.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous adversities and use those skills to help you manage your emotions during this outbreak.



If you must stay at home, maintain a healthy lifestyle including proper diet, sleep, exercise and social contact with family and friends at home and remotely.



Deal with any emotions you may have in a healthy manner.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Source: WHO



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

Search for Spring

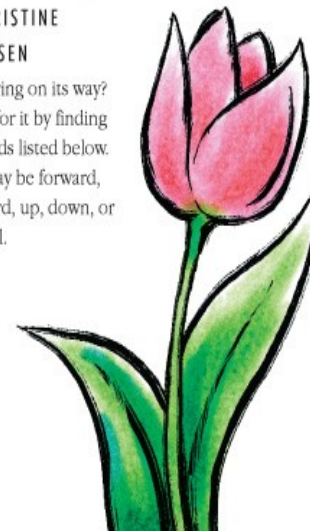
BY CHRISTINE SORENSEN

Is spring on its way? Search for it by finding the words listed below. They may be forward, backward, up, down, or diagonal.

A E
 T A
 O O
 N K
 E M
 M E
 G N
 U T
 Y L
 O L
 X F
 F Y

Atonement
 birds
 blossoms
 breeze
 bugs
 butterfly
 Christ
 Easter
 eggs
 flowers
 fun
 garden
 general conference

grass
 joy
 kite
 puddle
 rain
 Resurrection
 seeds
 spring
 sprouts
 sunshine
 tree
 umbrella



MAY 2020 COVID CHALLENGE

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------|
| | | | | | 1 Make a plan to help you keep calm and stay in contact | 2 Practice meditating and mindfulness |
| 3 Write down 10 things you are grateful for | 4 Call a friend and actively listen to what they are saying | 5 Stay hydrated, eat healthy and do some exercise | 6 Contact a neighbour and check in on how they are doing | 7 Share what you are feeling and don't be afraid to ask for help | 8 Explore new music, movies, books and foods | 9 Try eliminating your screen time before bed and waking up |
| 10 Learn a new hobby that you have been putting off | 11 Organize a room in your home. | 12 Write thank you letters to those who have helped you | 13 Find positive stories in the news and share them with others | 14 Look for the good in others and let them know | 15 Take a small step towards and important goal | 16 Do something you enjoyed when you were younger |
| 17 Connect with nature | 18 Remember that all feelings and situations will pass in time | 19 Find a fun way to do 15 minutes of physical activity | 20 Respond positively to everyone you interact with. | 21 Put on your favourite song and dance around | 22 Thank three people you are grateful for and tell them why | 23 Have a tech free day |
| 24/31 Thank the essential workers who serve you | 25 Make time for self-care | 26 Savour every drink and bite you have | 27 Do three acts of kindness | 28 Notice five things beautiful around you | 29 Make a new recipe | 30 Get a good night's sleep |

