

Community Resources in your hands

Community Supports	Phone Number
Algoma Family Services	(705) 848-0709
Algoma Public Health (APH)/Community Mental Health	(705) 848-2314 ext 4002
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
Counselling Centre of East Algoma (CCEA)	(705) 848-2585
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)	1-705-989-5600
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
DAYTIME CRISIS SUPPORT	705-848-2585
After Hours Crisis Support	1-800-721-0077

CLUB 90

Stepping Stones

November 2020



REMEMBRANCE DAY

Let's We Forget

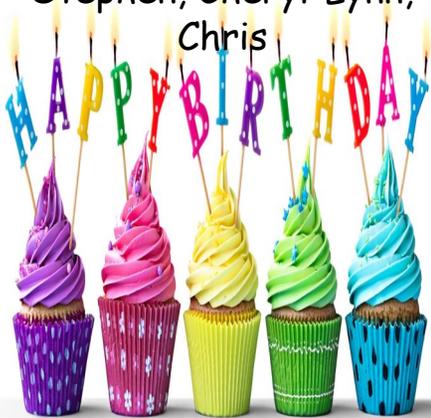
WANT TO USE AN IPAD?

*Club 90 has iPads for use for our members.
Play games, browse the internet and more!
To sign one out, speak with Laura!!*



These iPads allow our members to have access to the internet, while maintaining social distancing**

Tracy, Deborah Z,
Jo-Salina, Guy, Heather,
Stephen, Cheryl-Lynn,
Chris



Stepping Stones created, published and delivered by members and staff of Club 90. Cover created by: Stephanie Sinclair

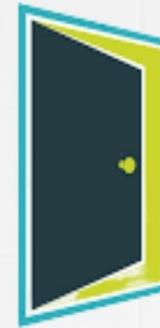
NOTICE

WE COMMIT TO THE WELL-BEING OF OUR VISITORS AND EMPLOYEES



PLEASE WEAR A FACE MASK

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:

Available by phone

705.848.2585

AFTER HOURS CRISIS NUMBER

1-800-721-0077



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



Oh how the seasons are changing....

And just like the season, we also change.

And while those moments are often accompanied with fear, anxiety, confusion ... it is also a time to embrace what's next. To propel ourselves into something new, exciting, and bettering for ourselves.

This past year, we have all learned to change with the world around us. To keep ourselves safe, to grow with one another and to adapt. While we may feel the difficulties doing so, we have all proven that this is something that can be accomplished. It just takes one step at a time.

As Barbara Kingsolver once wrote: "The changes we dread most may contain our salvation, "

Club update:

- **Café unit:** We ask that members respect the serving times and please arrive early for meals you signed up for. The café unit will no longer serve past 12:05 pm for lunches and 3:35 pm for suppers. This is to ensure proper clean-up and closure of the café unit.
- **Remembrance Day:** We will be observing Remembrance Day virtually at the Clubhouse this year, by putting on a broadcasted ceremony. That afternoon, we will be playing "Shindler's List" in the board room at 2 p.m. There is also a Remembrance Day creative writing activity held in early November, with submissions going into next month's newsletter.



REMEMBRANCE DAY
Let's We Forget

Club 90: APP of the month



UP!



The UP! app is an automated mood diary that tracks and alerts you to your unique warning signs of depression and mania. The app has a daily journal feature to easily track your emotions and habits. You can manage, monitor and analyze signs of borderline personality disorder, depression and bipolar disorder.

Review:

- Learning curve: Beginner
- Accessibility: Rated E for Everyone
- Convenience: Offers in-app purchases
- Price: Free to download and use
- Guarantees: Up! app uses routines and concepts suggested by treatment guidelines along with psychoeducational and CBT approaches

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



In Flanders Fields John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.





Being thankful during COVID-19

Each year, we host our annual Thanksgiving dinner. Not wanting to skip out on tradition we continued to offer the holiday feast, just a bit differently. Normally, we would have the clubhouse packed with close to 80 people. To keep all our members, volunteers and staff safe, we served a traditional turkey supper over the course of two days with two servings each day. Thank you all for working with us in keeping the tradition alive and keeping one another safe!

Stay Connected:

Check out the official North Shore Community Support Services/ Club 90 page to stay up-to-date on what's happening.

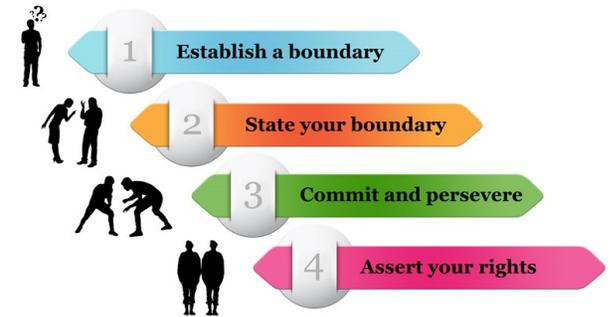
<https://www.facebook.com/nscssclub90/>

Why do we need boundaries in life?

What is a boundary:

These are guidelines, rules or limits that a person creates to identify for themselves what are reasonable, safe and permissible ways for others to behave around them and how they will respond when someone steps outside those limits.

Phases of Setting a Boundary

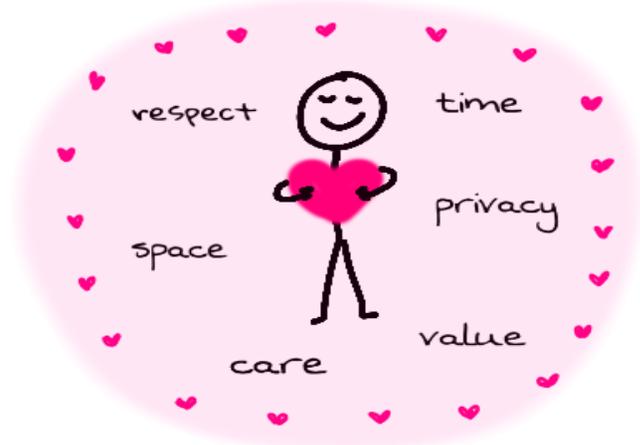


Why are they important: Setting boundaries are a way to practice self respect and self care, they communicate your needs in relationships, and set limits in relationships that are healthy.

Setting the boundary: When you find the need to set a boundary do it clearly, firmly, respectfully and in as few words as possible. Do not justify, get angry, or apologize for the boundary you are setting. You are not responsible for the persons reaction to your boundary. If they are upset, know it is their problem and not yours.

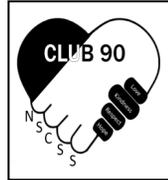
Develop a support system of people who respect your boundaries and your right to set them. Eliminate toxic people from your life.

You deserve to set healthy emotional boundaries



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.

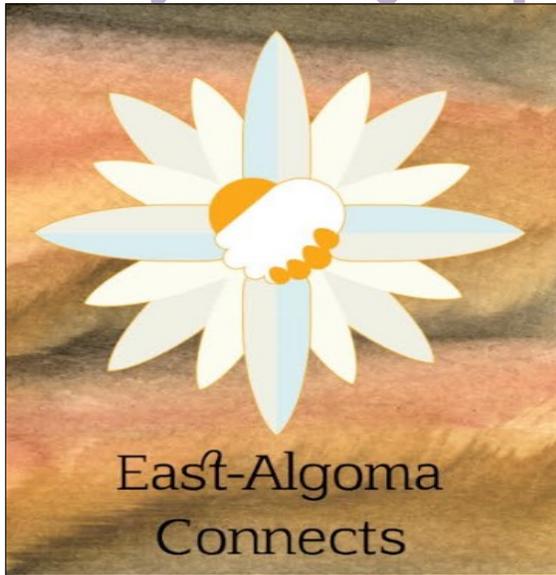


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



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.



Assess Your Stress

Select the things you do frequently

1. Neglect your diet
2. Try to do everything yourself
3. Anger easily
4. Set unrealistic goals
5. Fail to see the humour in situations others find funny
6. Become easily irritated
7. Make a 'big deal' of everything
8. Complain that you are disorganized
9. Neglect your emotions
10. Neglect exercise
11. Have few supportive relationships
12. Neglect sleep or rest
13. Become angry when you are kept waiting
14. Ignore signs of stress
15. Procrastinate
16. Think there is only one right way to do something
17. Neglect to build relaxation into every day
18. Spend a lot of time complaining about the past
19. Race through the day
20. Feel unable to cope with all you have to do
21. Fail to get a break from noise and crowds

Total



- 1-6** Your basic stress level is low and easily managed.
- 7-12** You have fairly good day-to-day stress management.
- 13-17** Your basic stress is high and above a comfortable level. You should revisit your plan for good self-care and work to reduce your overall stress load.
- 18+** You have enough factors to put you in distress. This level of stress can interfere with your overall functioning. You may want to consider reaching out to formal mental health supports.

Getting Spooky at Club 90



It's the most wonderful time of the year.... No, not *that* time.

HALLOWEEN!

We didn't let a pandemic damper our Halloween spirits. Members decorated the clubhouse and participated in activities and events, all while staying safe!

Thanks to all who helped decorate and joined in on the fun!

Want the flu shot?

Call the Family Health Team for an appointment at one of their Friday clinics.

Call 705.461.8882 to book

COVID 19 QUARANTINE WORD SEARCH



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WMFAOJ DOPY IMZVYYHZXQAUYQL
LLSLEA ISEOADGUSRQOTZDOFQB
XHTCGTSLXLDGTJPIEFSCROZKE
KLAOTDTPYADESKOATUAPLHCBC
IOYHVVAUSPDHFRDP IWCIOFAN
NCHOIMNROATS LUTAPEDBETRRP
SSOLRPECENLNPVAHTAHCRCGJTAOY
IVMPUOILVTYSTOIOKHNTCXILX
DOEFSSNLMSSRTFWR IZDHOQME
EGPRLNGPOFQNEQBPLYAVWLRE
QQVFACE MASKKNFL LHKEBFGEPR
VCNHGGIBXVYNCYEKZYUTTJYLN
LWBOIYAUAXTBULAGCCFTPKVSS
UNWMWL BXCHZWRHCGLVMWAAYZ
SJOEOIVHAJJQVOHRGJGAJZPRL
AHBSRSGZNQTB EKQYCOLKROAES
NISCXEGLNGUVQSEQOVOLENIQR
IZZHFYPESHAXPWTVYVZSLREA
TLOOHDXVDPINRIWNIXECPIFCV
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ENUHISZAORUEAEPTNLMIA TVCX
RHSLAKQNDHPCYMEJIMTOTTRXR
CZAWZVHKWRZKZAATINGGOLDPY
YXC IUOWWLUQXNUWSEKEBRLABZ

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|---------------|--------------|--------------|------------|
| flatten curve | toilet paper | paper towels | quarantine |
| distancing | canned food | respirator | yoga pants |
| face mask | homeschool | sanitizer | hospital |
| facetime | pajamas | stay home | six feet |
| online | bleach | purell | alcohol |
| clorox | inside | gloves | lysol |
| zoom | covid | virus | |



Club 90 cafe unit

Recipe of the month

20-Minute Sausage and Pepper Ravioli Skillet

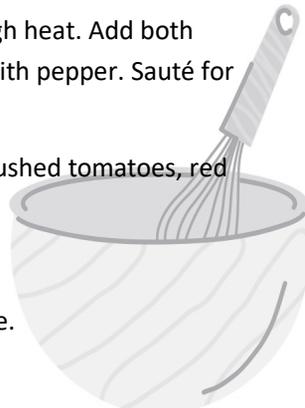
Ingredients:

- Kosher salt and black pepper
- 1 tbsp extra virgin olive oil
- 1 medium green bell pepper, 1 medium red bell pepper
- 1 small red onion
- 2 cloves minced garlic
- 14 oz canned crushed tomatoes
- 1/4 teaspoon red pepper flakes
- 10 oz Italian sausage ravioli
- 3 oz provolone
- Fresh basil



Directions:

1. Bring large pot of salted water to a boil
2. Heat olive oil in medium skillet over medium-high heat. Add both green and red bell peppers and onion. Season with pepper. Sauté for 5 minutes.
3. Add garlic and cook, stirring thoroughly. Add crushed tomatoes, red pepper flakes and 1/2 tsp salt
4. While sauce is cooking, boil ravioli then drain.
5. Add cooked ravioli to the skillet., coat with sauce.



Energy rates change November 1

The Ontario Energy Board (OEB) are going back to their Time-of-Use (TOU) rates starting November 1. Since Mid-March, energy consumers were paying off-peak kilowatt per hour usage all day everyday. The chart below breaks down the new rates and rate times.

The new TOU prices set by the OEB for November 1, 2020 are shown in the table below. The table also shows the hours to which those prices apply:

Winter TOU Price Periods	November 1, 2020 TOU Prices
Off-Peak (Weekdays 7 p.m. – 7 a.m., all day weekends and holidays)	10.5 ¢/kWh
Mid-Peak (Weekdays 11 a.m. – 5 p.m.)	15.0 ¢/kWh
On-Peak (Weekdays 7 a.m. – 11 a.m. and 5 p.m. – 7 p.m.)	21.7 ¢/kWh

Hello All....continues in a **mandatory** hand washing certification course for members and volunteers. This is a very important skill to ensure we are all using proper techniques. At the end of the presentation you will be receiving a certificate. Please contact Laura to sign up if you haven't already been signed up/completed the certification. 705 848 2879.



12 things you can do in November to make Christmas easier for you

- 1) Make lists. Food, gifts, cards, diary dates. Getting organized is half the battle
- 2) Buy gifts. As soon as you think of a good idea for someone, get it organised and you won't have to keep the information in your head any-more
- 3) Make gifts. This one is essential. Some items, like chutney or jams need time to mature and getting it done in early November, means you can get them packaged up much sooner.
- 4) Buy gift wrap, ribbons, sellotape and cards
- 5) Wrap gifts as you buy or finish them, put them in carrier bags for each family, store them away and forget about them until you need to deliver them.
- 6) Make cards, write cards. I am always rushing to finish our cards the day before the last posting date and it feels like such a chore. That leaves absolutely no time for the odd note or nice message in them and this always feels curmudgeonly. Write them, address them and put a date in the diary to post them.
- 7) Buy Christmas Stamps. I am a sucker for a picture stamp.



12 things you can do in November to make Christmas easier for you

- They are released in November, so buy them and stick them on your already written cards.
- 8) Plan your food. If you will invite friends on or around Christmas, plan your menu now. You can even start popping the odd non perishable items in your shopping trolley, which will really help with budgeting too.
 - 9) If you have kids, find out what the children might be putting on their letters to Santa. Family and friends are going to ask and there's nothing worse than drawing a complete blank and blurting out random ideas. Remember, it's your house that all this stuff is going to end up in. Make sure it's going to keep your kids entertained and not end up in the charity bag by February.
 - 10) Start deep cleaning the house. Every year, prior to guests arriving I am always battling to clean and tidy the house, have even been known to paint a wall or two, to eliminate scribbles and mucky fingerprints. Start sorting now, so that you can do a quick clean and tidy before the company shows.
 - 11) Make your cake and pudding. I know many of you will be rolling your eyes at this one, but I promise it's really worth doing and not difficult at all. Find a recipe now and perhaps even try it out.
 - 12) Organize any presents and cards for December and early January birthdays. I'm sure many people with December birthdays get combined presents or presents wrapped in Christmas paper. Make it special for them and get it all ready now



ACTION CALENDAR: NEW WAYS NOVEMBER 2020



SUNDAY

1 Make a list of new things you want to do this month

8 Find out something new about someone you care about

15 Go outside and do something playful - walk, run, explore, relax

22 Find a new way to tell someone you appreciate them

29 Discover your artistic side. Design your own Christmas cards!

MONDAY

2 Respond to a difficult situation in a different way

9 Plan a new activity or idea you want to try out this week

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for reasons to be hopeful, even in difficult times

TUESDAY

3 Get outside and observe the changes in nature around you

10 When you feel you can't do something, add the word "yet"

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

WEDNESDAY

4 Sign up to join a new course, activity or online community

11 Be curious. Learn about a new topic or an inspiring idea

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

THURSDAY

5 Change your normal routine today and notice how you feel

12 Overcome a frustration by trying out a new approach

19 Broaden your perspective: read a different paper, magazine or site

26 Tune in to a different radio station or TV channel

FRIDAY

6 Give yourself a boost. Try a new way of being physically active

13 Choose a different route and see what you notice on the way

20 Make a meal using a recipe or ingredient you've not tried before

27 Enjoy new music today. Play, sing, dance or listen

SATURDAY

7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Join a friend doing their hobby and find out why they love it



"You never know what you can do until you try" ~ C. S. Lewis



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/new-ways-november

Keep Calm · Stay Wise · Be Kind