

Community numbers

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

| | |
|--|----------------|
| Algoma Family Services..... | (705) 848 0709 |
| Algoma Public Health..... | (705) 848 2314 |
| Alcholics Anonymous (AA) | (705) 461 3150 |
| 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 |

Club 90



Stepping Stones

October 2019



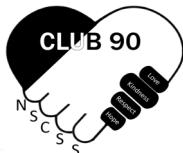
340th edition



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

FUN STOP: Find the logo

Look throughout this month's edition of Stepping Stones and try and find the NSCSS/CLUB 90 logo!



Solutions?!

We welcome your solutions and questions!

Anyone can have suggestions, let's 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

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: Club 90, 10 Paris Dr. Unit 6, Elliot Lake, ON, P5A 2L9 Fax: (705) 848-3752 Editorial: Staff and Members Distribution: Members

Supported by: / Financé par:

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

let's do lunch

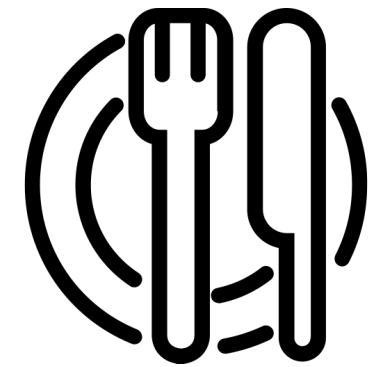
FREE MEMBERS LUNCH AT CLUB 90

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!

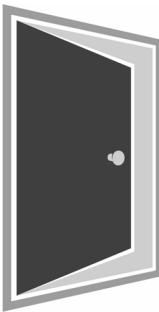
Club 90 Members Daily Dinner at 4:00pm

Please call in by 1:00 pm for your dinner for \$2.00 reservation:
705-848-2879



Sending out a big Happy birthday to all our friends born in October Dave, Derek, Veronica, Gary, Shane, Corrie, Michael, Dale and Bev!
Come out and celebrate with a slice of cake on October 25!

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

Turkeys & Pumpkins & Goblins....oh my!

It feels as though we blinked and all of a sudden, summer was over. Must have been all the fun we were having! But we are embracing the seasonal change, just like we do with everything life hands us.

Thanksgiving:

First; let's talk turkey. Club 90 is hosting their annual turkey dinner at the Club on Oct. 10. We will be closed the morning and open our doors at 12 p.m. and stay open until 8 p.m. Those who wish to volunteer and help cook supper can arrive at 9:30 a.m. Feel free to bring a friend to share in the festivities! Sign up at the front desk

Halloween:

We also will be getting spooky (or silly) with our Halloween party here at the Club. But make sure you don't forget your costume! We will also be playing games, carving pumpkins and having a Halloween themed supper.

Don't ignore the red flags—closed group:

A closed group on "Don't Ignore the Red Flags" will be held in October. See page 16 inside for more information .If you think this group is for you, speak with Kerry or Jess.

Closed:

The Clubhouse will be closed on Oct. 14 for Thanksgiving. We will resume operating hours on Oct.

Club 90 welcomes guest speaker for C/S breakfast



In keeping with the September “recovery” theme, this month we welcomed a member of our wonderful community, Linda, to come and speak about her journey to recovery at our consumer/survivor breakfast.

We give a big Club 90 thank you to Linda for sharing her story and engaging in healthy discussions about what recovery means for everyone.



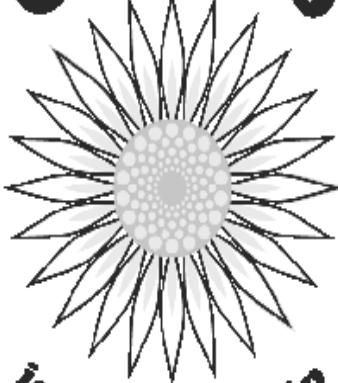
Are you unsure about some things that go on within your personal or professional relationships? Do you find you have a hard time saying NO to some people? Does your gut instinct give you warning signs?

Join us October 17th from 2-3:30 pm for a closed session on Red Flags in Relationships. You must sign up to participate, confidentiality is a must and a willingness to listen and learn without judgement.

See Kerry or Jess for more information or to sign up.

What is Club 90?

club 90



*is for Friendship
and Recovery*

Club 90 is a **Psychosocial Rehabilitation Program** for adults with chronic mental illness in Elliot Lake and the surrounding area. Through support and sharing, members and staff provide a place to belong, a warm place, where members can achieve new levels of esteem and confidence in an atmosphere of stability and challenge.

MEMBERSHIP:

Membership is free to adults (16+) with chronic and severe mental illness who are experiencing emotional stress, or who are socially isolated.

Membership of Club 90 means that an individual has both shared ownership and responsibility for the success and growth of this organization.

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

Eight good reasons to see a counsellor

There are many ways to increase health in our lives. Seeing a counsellor can play a unique role in your overall wellness plan. Counselling has the unique capacity to help relieve negative symptoms by addressing something that is already going wrong, while bringing in something new to enhance what is already there.

1. CHRONIC OR RECURRING STRESS, ANXIETY OR DEPRESSION: You are experiencing chronic or recurring stress, anxiety or depression that you are struggling to manage, and it is escalating. These states can become stronger over time. Once they are entrenched it can be very difficult to shift the patterns on your own.

2. STRESS SPILL OVER: You are trying to deal with issues in your life and the stress is starting to spill over into other unrelated areas. Your conflict with your manager at work is starting to come home with you and affect how you talk to your kids at dinner time. The ongoing battle to save your relationship is making it hard for you to concentrate at work and you are worried about your next performance evaluation.

3. YOU'VE SURVIVED AN OVERWHELMING EVENT AND FIND IT DIFFICULT TO RE-ENGAGE: You have in the past survived, or are surviving, an overwhelming experience and you are finding it difficult to re-engage with your usual life. Experiences that have left a traumatic impact can become a lens that colours all the rest of your life, causing you to put most of your energy into dealing with something that is past instead of engaging with your present and building for the future.

4. PEOPLE YOU TRUST AND CARE ABOUT ARE TELLING YOU THEY ARE CONCERNED ABOUT YOU: Sometimes we can't see the forest for the trees. We don't notice how stress is affecting us, or how patterns in us are causing distress to others in our life. If you are hearing the same message over and over from different people, it may be time to get help to see above the tree-line.

5. YOU CARE ABOUT YOUR RELATIONSHIPS: Do you want your marriage to soar? Would you like to be a fantastic parent? Would you like to experience more vitality in friendships? Many relationships stay in *maintenance mode* and function well enough to keep going. Often we miss opportunities to grow and in turn affect those we care about in positive way.

Continued on page 7

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.

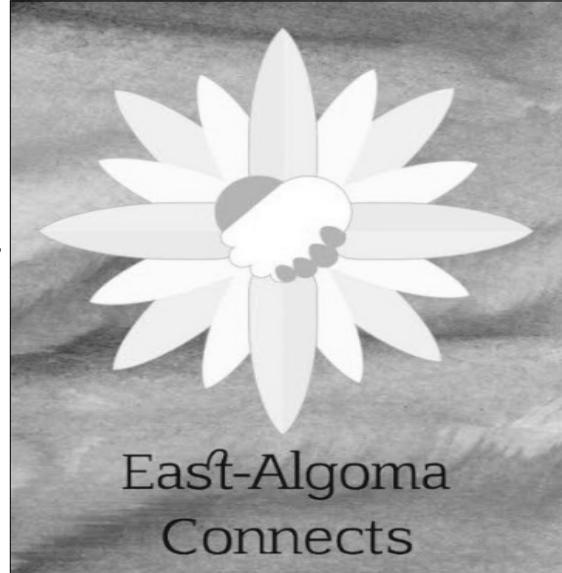


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



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**



East-Algoma
Connects

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 cellphone! You can also call our information referral line at (705) 848-2109.

Located in the Hillside Plaza

Home of the all day breakfast



Restaurant

| | |
|------------|-------------------|
| 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 |

Winter Coat Drive

Sunday, October 27th

10 a.m. - Noon

at the **Collins Hall**

This is a **FREE** event for all people in the community. Come on out and get a winter coat, snow pants, boots, hats and/or mitts for yourself and/or your family. All items are generously donated by fellow community members.



We are collecting donations of outdoor winter coats, snow pants/suits, boots, hats and mittens for all ages, all sizes

Drop off locations – T & R Variety at Paris Plaza, Alpine Flowers at Paris Plaza, EarlyON Center on Ottawa Avenue, CIBC bank and the TD bank.

For pick up or more information call

Debbie at 261-0184 or Judy at 848-7056

Making the world a better place,

one act of kindness at a time

What is an Act of Kindness?: An *act of kindness* is a spontaneous gesture of goodwill towards someone or something - our fellow humans, the animal kingdom, and the kingdom of nature. Kind words and deeds come from a

What are five (5) you have done this month?:

1 _____

2 _____

3 _____

4 _____

5 _____

How did these kinds of acts affect my moods?:

How did these kind acts affect my relationships?:

**No act of kindness,
no matter how small,
is ever wasted.**

- Aesop

Eight good reasons to see a counsellor

Continued from page 4

6. YOU CRAVE CHANGE OR CHALLENGE: Would you love to feel like you are thriving in your career? Do you wish you could overcome some fears to try something new? Any change is stressful, even if we see it as a positive thing. Having support to overcome fears, old ways of viewing ourselves, or just finding that next step can help us bring healthy change into our lives.

7. LIGHTEN THE LOAD OF UNNECESSARY BAGGAGE:

Often our view of ourselves and of the world around us is riddled with old stories and memories. We may not even be conscious of how they shape us. It may be an old grudge, a notion that you can't do something, or patterns in our life that we hang onto just because we've "always done it this way". These entrenched ideas and burdens can weigh us down and prevent us from discovering new aspects of who we can become.



8. YOU WOULD LIKE YOUR LIFE TO HAVE MORE MEANING:

You may be seeking greater cultural understanding of your family and heritage, craving a deeper spiritual aspect to your life, or desiring more passion for what you already engage in. A chance to reflect and ask the difficult and irreverent questions with support can inject your life with purpose and greater satisfaction.

Counselling offers a unique relationship and context where we can get a fuller understanding of ourselves, our important relationships and what changes may help us. Real, positive health is much more than just reduction of stress and negative symptoms. Choosing to enhance health in areas important to you can bring meaningful growth into your life that can affect all aspects of your overall wellness.

Counselling can be a tool to help you build a meaningful, healthy year.

CLUB 90 & THE CONSUMER INITIATIVE ELLIOT LAKE (BEEHIVE)

ARE HOLDING A SIX WEEK WRAP SERIES

**WELLNESS
RECOVERY
ACTION
PLAN**

Contact for more
information:

Kerry (705) 848 2879

Brenda (705) 461 3912

How would you like to take control of your life? You can take charge of your mental health and not let it control you.

Club 90: APP of the month

"Action for Happiness"

It seems like picture timelines are the new fad when it comes to social media. So why not add some positivity and happiness to your screen time? *Action for Happiness* is styled similar to Instagram, but instead of photos of dogs and celebrities, it is positive affirmations and beautifully paired quotes with pictures. The app also has a Facebook page that you can like if you tend to browse more on your computer than smart phone.

There is also a website www.actionforhappiness.org and states they are a movement of people taking action to create a happier society. Check them out on iOS, android and Facebook.

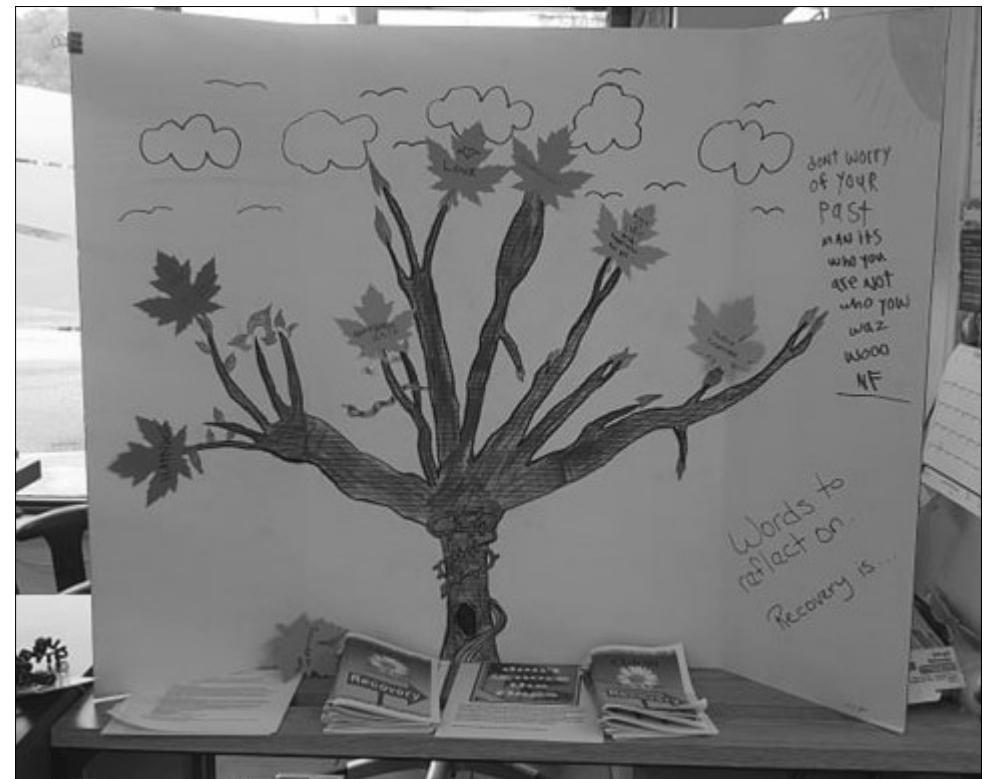


Let's get spooky for Halloween

Halloween originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. ... The evening before was known as All Hallows Eve, and later **Halloween**.

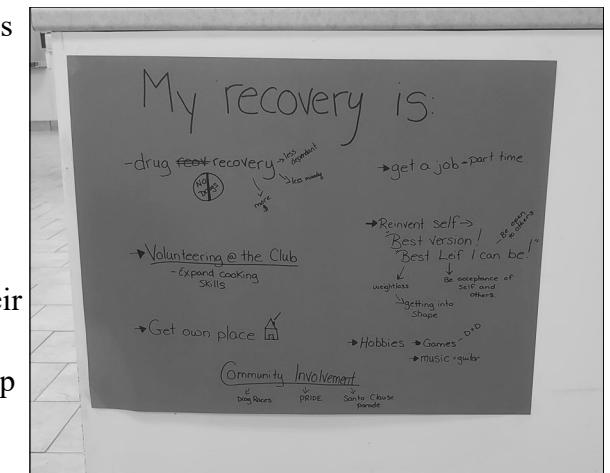
This year, we are going to get spooky with our own costume party and Halloween themed supper and games throughout the day! From "Club 90 Food Fear Factor" to Pumpkin Carving and Halloween costumes, there is something fun for everyone!

Our growth in recovery



During September, we had members create a few projects relating to Recovery. our "Tree of Recovery" and add to it what "Recovery is..." for them. For some, recovery is: "family together," "happiness for all," "companionship," "love" and "health."

We also had a few members create a "recovery vision board" on how they view their own personal recovery journey. These were then hung up at the Clubhouse.



Club 90 looking for recipes for cook book



As you may know, Club 90 members, volunteers and staff are in the kitchen everyday cooking and baking. So we want to share some of our yummy recipes.

While we feature a “From Our Kitchen” section in our monthly newsletters, we are looking to add some spice into the mix and are putting a call-out for you to share some of your favourites recipes with us and create a Club 90 community cook book!

We are looking for meals that are budget friendly and easy to make. Send submissions to mhsupport@nscss.com

From our kitchen Eggroll in a bowl

INGREDIENTS:

1 tbsp—vegetable oil

1 clove garlic

1 tsp minced ginger

1 lb pork (or beef)

1 tbsp. sesame oil

1/2 onion

1 cup shredded carrot

1/4 cup soy sauce

1 green onion



INSTRUCTIONS:

1. In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add pork and cook until no pink remains.
2. Push pork to the side and add sesame oil. Add onion, carrot, and cabbage. Stir to combine with meat and add soy sauce and Sriracha. Cook until cabbage is tender, 5 to 8 minutes.
3. Transfer mixture to a serving dish and garnish with green onions and sesame seeds. Serve.

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