

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

- 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) ..... 1-705-989-5600
- 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 2020





**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



# 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\*\*

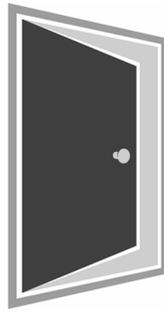
Dave, Derek, Veronica, Gary, Corrie, Dale and Bev



Stepping Stones created, published and delivered by members and staff of Club 90

Cover created by: Stephanie Sinclair

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**

## Clubhouse Updates for October

### THANKSGIVING SUPPER:

This month we are hosting our annual Thanksgiving Supper. Normally, we open our doors and welcome as many friends in as we can feed. Our cut off for sign up was October 1, 2020. Those who have signed up will be contacted by a mental health worker regarding confirmation of time and guest.

### CHORE LIST:

As we continue to provide a safe and clean environment for all who use our clubhouse, we are reintroducing our daily chore list. This gives responsibility and ownership to our members to keep their clubhouse clean and tidy. For every five (5) chores completed, members will receive one (1) free meal ticket.

### HEALTH AND SAFETY:

This month, we are starting up our health and safety committee, and will be head up by Laura. The first health and safety committee meeting will take place in the boardroom at the clubhouse on Friday, October 2 at 2:30 pm. If you are interested in participating, please speak with Laura.

### CLOSED FOR THE HOLIDAY:

We will be closed on Monday, October 12 for Thanksgiving. We will reopen Tuesday, October 13 at 9 a.m. We wish you all a safe and happy long-weekend.

### CITY TRANSIT:

The city busses will remain free for the month of October.

# Club 90: APP of the month



## Digipill



Need help de-stressing, losing weight, or getting to sleep? Digipill is the world's No.1 self-help app.

Digipill will help you:

- Prevent insomnia
- Reduce stress
- Gain confidence
- Lose weight
- Increase motivation

Digipill can also help you:

- Explore your mind
- Be more creative
- Get closure from a traumatic experience
- ...and much more!

# Education session:



This month, our mental health worker Kerry, gave an informal education session on Trauma and the brain. Highlights of the session included the three types of trauma, the brains functioning (the amygdala, hippocampus and neo-cortex) and how it is impacted through trauma. Active discussion occurred about fight/flight/freeze/fawn and introduction to neuroplasticity (rewiring the brain) and how to use skills to decrease the effects of trauma. Members found it helpful to see a visual scan of the differences between a

## 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

*Join us for our  
Halloween  
Spooktacular  
Soiree*

OCTOBER  
31  
1 P.M.

Pumpkin carving, string donut eating contest, Halloween theme colouring contest, costume contest and more

# PUPPET MAKING WITH JOSH

Why not make a puppet of your own!  
Josh will be at the club to teach members how to make his style of puppets.

Date: October 22  
Time: 2:30 p.m.

Please sign up to ensure we get enough materials



## Dealing with negative thoughts

**What are negative thoughts?:** Negative thoughts can make you feel sad and anxious. They take the joy out of life-and they can take a toll on your physical health. That's why it's so important to learn how to deal with them.

**Negative thoughts and the impact on our health:** Because of the mind-body connection, your thoughts really can affect your health. By telling yourself more encouraging things, you're telling your brain to produce chemicals that can:

- Lower your blood pressure.
- Reduce your risk for heart disease.
- Make your immune system stronger so you can resist infection and disease.
- Lower your stress level and make you feel less anxious.
- Help you avoid stomach problems, insomnia, and back pain.

Make you feel happier and more optimistic about the future.

### **What else can you do to feel more positive?**

Sometimes negative thoughts are connected to the way you live from day to day. Here are some things you can try right now to help you see the brighter side of life:

- **Focus on what you are feeling right now.** If you're sad, feel the sadness. But don't tell yourself that you have always felt this way and are doomed to feel sad forever. Sadness passes. A negative thought can linger... until you let it go.
- **Share your feelings with someone close to you.** Everyone has negative thoughts from time to time. Talking about it with someone else helps you keep those thoughts in perspective.
- **Do something nice for yourself.** Maybe you could work less today and play with your kids more. Or you could find something that makes you laugh.

## 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/>

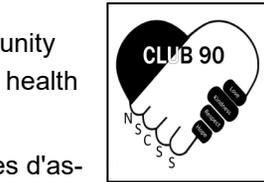
## Who we are:

**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.

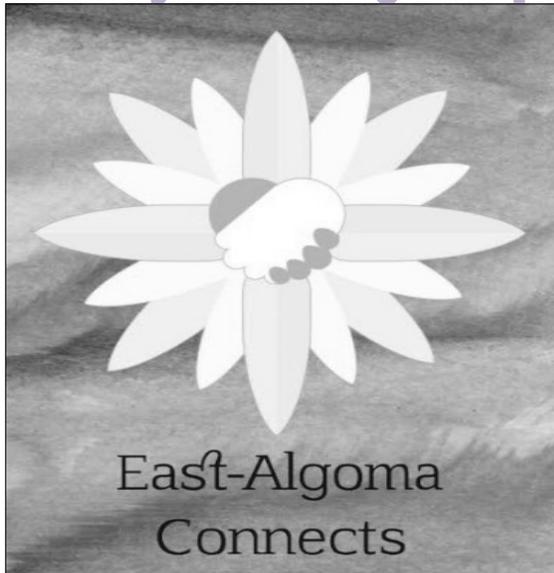


**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.

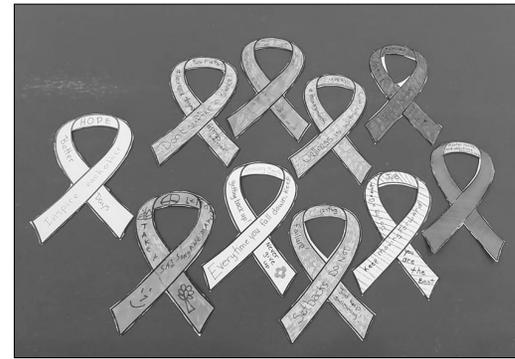


# Local resources at your fingertips

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](http://www.eastalgomaconnects.com) or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



## Ribbons for Recovery



For recovery month (September), we had our members create a recovery ribbon to show their support for all in their recovery journey, as well as to break down the stigma for those who are working on their own mental health and addictions.

## Affirmation Trees

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often and believe in them, you can start to make positive changes!

Last month, some of our members sat down with a mental health worker and created their own personal reminders of how awesome each one of them is.



North Shore Community Support Services, Inc.

# Annual General Meeting 2019-2020



This year the AGM will be held virtually. Please join us online via:

Blue Jeans:

<https://bluejeans.com/5257792804>

Passcode: 2020

or phone

1-416-900-2956

Meeting ID: 525 779 2804

**Date: October 28, 2020**  
**Time: 4 to 4:45 p.m.**

Agenda:

- Ratification of the Audited Financial Statement for Fiscal year 2019/2020
- Board of Directors positions
- Appointment for Auditors for 2020/2021
- Executive Director's Report for 2019-2020



**1 in 5 Canadians**

will experience a mental health problem or illness in any given year

This Mental Illness Awareness Week we're prioritizing mental health because there is

**no health without mental health.**

#MIAW20 | CAMIMH.ca  
October 4-10, 2020



CANADIAN ALLIANCE  
ON MENTAL ILLNESS  
AND MENTAL HEALTH



Mental Illness  
Awareness Week

Join us this week to write a letter to our local Member of Provincial Parliament (MPP), Michael Mantha, on why we need mental health care in our provincial health care plans !

October 10, 2020

WORLD  
MENTAL  
HEALTH  
DAY



# Café unit update

We have resumed activities our café unit with a few changes:

- Due to health and safety standards set out by Algoma Public Health and the province, Members are not permitted into the kitchen without direct confirmation from a staff member.
- Suppers will be served at 3:30 p.m. Monday to Friday.
- Once eaten, members are to put their dishes on the trolley located outside the kitchen and wash and sanitize their table they were sitting at.
- We ask that members come up to the counter for your meal when your name is called.
- Members are permitted to bring in their own food, however, it must be brought in a reusable container and utensils. And must return home with the member to be cleaned.
- There has been changes to pricing for individual meals and beverages, a meal/coffee card can be purchased for the same price pre-COVID-19. Speak with a worker to purchase one.
- **Members need to call and sign up prior to meals. Last call for lunch sign up is 11 a.m. and supper sign up is 1 p.m.**



**Craft**  
**ART THERAPY @ CLUB 90**  
**EVERY WEDNESDAY FROM**  
**10:30 A.M. TO NOON**

Join us for mornings for socialization, crafting, painting, knitting, beading, colouring etc. Whatever your craft, bring it down, learn a new hobby, or teach someone yours!

**We also have iPads available for digital and virtual art**

## Members are required complete hand washing certification

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.



**INFECTION CONTROL TECHNIQUES**

- Hand washing
- Hand Sanitizer
- Proper Mask Removal Procedure
- Infection Control

**safety first**

# Thanksgiving at Club 90

**DATES: THURSDAY OCTOBER 8  
AND OCTOBER 9, 2020**

**TIME: 11:30 A.M. & 3:30 P.M.**



**\*\*20 person capacity per serving time\*\***

**Members MUST SIGN UP by Oct. 1 and  
can bring one (1) guest.**

*We are also looking for volunteers to help prep, cook  
and clean up. Speak with a mental health worker*

This method allows us to comply with health and safety,  
our seating capacity, and keep members, volunteers and  
staff safe. Thank you for keeping your clubhouse safe!



## Feeling Overwhelmed? Remember "RAIN"

*Four steps to stop being so hard on ourselves.*

**R**

Recognize  
what's  
going on

**A**

Allow the  
experience  
to be there,  
just as it is

**I**

Investigate  
with  
kindness

**N**

Natural  
awareness,  
which comes  
from not  
identifying  
with the  
experience

# iPad Virtual Tour

We have acquired some iPads for members to use while at the Club.

One of our activities this month allowed those interested to take a virtual tour of The Louvre in Paris. Next month we will see the Great Wall of China

To use an iPad while here, speak with Laura to sign one out!



## In times like these; practice emotional first aid

**Pay attention to emotional pain — recognize it when it happens and work to treat it before it feels all-encompassing.** The body evolved the sensation of physical pain to alert us that something is wrong and we need to address it. The same is true for emotional pain. If a rejection, failure or bad mood is not getting better, it means you've sustained a psychological wound and you need to treat it. For example, loneliness can be devastatingly damaging to your psychological and physical health, so when you or your friend or loved one is feeling socially or emotionally isolated, you need to take action.

**Redirect your gut reaction when you fail.** The nature of psychological wounds makes it easy for one to lead to another. Failure can often drive you to focus on what you can't do instead of focusing on what you can. That can then make you less likely to perform at your best, which will make you even more focused on your shortcomings, and on the cycle goes. To stop this sort of emotional spiral, learn to ignore the post-failure “gut” reaction of feeling helpless and demoralized, and make a list of factors that you can control were you to try again. For instance, think about preparation and planning, and how you might improve each of them. This kind of exercise will reduce feelings of helplessness and improve your chances of future success.

**Monitor and protect your self-esteem. When you feel like putting yourself down, take a moment to be compassionate to yourself.** Self-esteem is like an emotional immune system that buffers you from emotional pain and strengthens your emotional resilience. As such, it is very important to monitor it and avoid putting yourself down, particularly when you are already hurting. One way to “heal” damaged self-esteem is to practice self-compassion. When you're feeling critical of yourself, do the following exercise: imagine a dear friend is feeling bad about him or herself for similar reasons and write an email expressing compas-

sion and support. Then read the email. Those are the messages you should be giving yourself.

**When negative thoughts are taking over, disrupt them with positive distraction.** When you replay distressing events in your mind without seeking new insight or trying to solve a problem, you're just brooding, and that, especially when it becomes habitual, can lead to deeper psychological pain.

The best way to disrupt unhealthy rumination is to distract yourself by engaging in a task that requires concentration (for example, do a Sudoku, complete a crossword, try to recall the names of the kids in your fifth grade class). Studies show that even two minutes of distraction will reduce the urge to focus on the negative unhealthily.

**Find meaning in loss.** Loss is a part of life, but it can scar us and keep us from moving forward if we don't treat the emotional wounds it creates. If sufficient time has passed and you're still struggling to move forward after a loss, you need to introduce a new way of thinking about it. Specifically, the most important thing you can do to ease your pain and recover is to find meaning in the loss and derive purpose from it. It might be hard, but think of what you might have gained from the loss (for instance, “I lost my spouse but I've become much closer to my kids”). Consider how you might gain or help others gain a new appreciation for life, or imagine the changes you could make that will help you live a life more aligned with your values and purpose.

**Don't let excessive guilt linger.** Guilt can be useful. In small doses, it alerts you to take action to mend a problem in your relationship with another person. But excessive guilt is toxic, in that it wastes your emotional and intellectual energies, distracts you from other tasks, and prevents you from enjoying life. One of the best ways to resolve lingering guilt is to offer an effective apology. Yes, you might have tried apologizing previ-

ously, but apologies are more complex than we tend to realize. The crucial ingredient that every effective apology requires — and most standard apologies lack — is an “empathy statement.” In other words, your apology should focus less on explaining why you did what you did and more on how your actions (or inactions) impacted the other person. It is much easier to forgive someone when you feel they truly understand. By apologizing (even if for a second time), the other person is much more likely to convey authentic forgiveness and help your guilt dissolve.

**Learn what treatments for emotional wounds work for you.** Pay attention to yourself and learn how you, personally, deal with common emotional wounds. For instance, do you shrug them off, get really upset but recover quickly, get upset and recover slowly, squelch your feelings, or ...? Use this analysis to help yourself understand which emotional first aid treatments work best for you in various situations (just as you would identify which of the many pain relievers on the shelves works best for you). The same goes for building emotional resilience. Try out various techniques and figure out which are easiest for you to implement and which tend to be most effective for you.

